

Confidence to Cook Recipes

**EAT BETTER
FEEL BETTER**



A resource pack to support trainers
in the delivery of practical foodskills session

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Topic 1: Nutritional Analysis/ Label Reading

Trainer notes

Aim

To increase understanding of; the nutritional analysis shown for every recipe, and about label reading in general

Objectives

To raise awareness and understanding of:

- The nutritional analysis shown for each recipe
- The new front of pack labels on pre-packaged foods
- Other information found on pre-packaged foods – ingredients list, other nutritional information.
- The recommended number of servings shown for each recipe.

Relevance

Relevant to all – information will have to be tailored depending on abilities and literacy levels of the group. Explanation and comparison of the nutritional analysis for each recipe with the new front of pack labels of greatest relevance.

Session planning

Useful to introduce as the group start to use the *Confidence to Cook* recipes.

Recommended handouts and activities to support topic (if any)

Handouts

Reading Food labels

Activities

Key information

Nutritional Analysis

All recipes in this pack can form part of a healthy balanced diet, however some are healthier than others so how often these recipes should be eaten will vary.

Each recipes has been nutritionally analysed using software recommended by the Food Standards Agency (FSA) – this gives us information on:

- Energy
- Total fat
- Saturated fat
- Total sugars
- Salt

The information this analysis gives us is very similar to that shown on 'front of pack' labels – more information provided below.

Every analysis (shown at the bottom of each recipe page) is shown for **1 serving** of the recipe – the suggested number of servings for each recipe is shown at the top of the ingredients list – for example a recipe might suggest that it serves 4 people but the analysis shown is for only **one** of these servings.

Suggested Number of Servings

The number of servings suggested for each recipe is as a guide only – individual requirements vary from one person to the next and are affected by a number of factors including:

- Whether the person is male or female
- How old they are
- How active they are
- Whether they are trying to lose weight
- Whether they are trying to gain weight

‘Front of Pack’ Labels

The nutritional analysis shown for each recipe is very similar to ‘front of pack’ label which is now being used on pre-packaged foods by the major food retailers throughout the UK.

The ‘front of pack’ label, like the nutritional analysis shown for each recipe, is colour-coded using red, amber and green. Total fat, saturated fat, total sugars and salt are all colour-coded, but energy content isn’t.

Manufacturers don’t **have** to provide this information as it’s voluntary however all the main retailers have signed up to it and it is slowly being introduced.

The aim is that this scheme will be used throughout the UK and will make it easier to see **‘at a glance’** how healthy a food or drink is (other more detailed nutritional information will still appear on the back of the packet). Wording above the colour coding tells you the quantity of food the label refers to e.g this label tells you it’s one grilled burger.

There have previously been other colour coded food labelling schemes but this scheme will replace them as criteria has changed to comply with EU legislation.

Points to note:

- Energy (KJ or Kcal) isn’t colour coded
- Colours are shown for fat, saturated fat, total sugars and salt only.
- The label should clearly state whether it refers to the product ‘as sold’ or ‘as consumed’. If it’s ‘as consumed’ the label should also clearly state the method used to cook/ prepare it – for example grilled, or oven-baked.
- Information should be given per (easily recognisable) portion – for example one burger, or ½ sandwich, or ½ pack.

KEY:

- **Red:** The nutrient is high. Eat/ drink less often or in small amounts
- **Orange/ Amber:** The nutrient is medium. Eat/ drink most of the time.
- **Green:** The nutrient is low: The more green lights on a product the healthier the choice

The burger label below shows that the product has a:

- **Medium fat**, but high saturated fat content
- **Low sugars** content
- **Medium salt** content

**Full Nutrition Information**

The front of pack label gives information on a fairly limited range of nutrients so if you want more information (Full Nutrition Information) about a product you will have to look at the more detailed label found on the back or side of the packet – this type of label isn't voluntary but is required by law.

The nutritional information can be given in different formats or a mixture of formats:

- Per 100g / 100 mls – this can be useful for comparing similar products e.g. if looking at a variety of breads or cereals and wanting to find out which one contains the most fibre.
- Per serving – this can be useful if you want to know how much of a certain nutrient is in the food or drink that you're away to consume – the accuracy of the information is obviously dependant on the amount you consume being the same as the 'serving' size as defined on the label.
- Per packet/ item – usefulness of this information depends upon whether you're likely to eat the whole packet or item

Ingredients List

The ingredients list is a quick way to work out the main ingredients in a product – can sometimes be surprising!!

Remember that sometimes an ingredients list will only contain ‘added ingredients’ if it is obvious what the product is in the first place e.g. yoghurts will not necessarily list milk or yoghurt as the main ingredient but will instead list the additional ingredients only.

- The first ingredient listed is the one which has been used in the greatest quantity i.e. it is the main ingredient used in the product.
- The list then works in a descending order with each ingredient listed, having been used in lesser quantities than the one listed just before.
- The last ingredient listed then, is the one which has been used in the smallest quantity

Supporting Services/ resources available in Grampian (if any)

Other reliable sources of information (if any)

www.nhs.uk/Livewell/Goodfood/Pages/food-labelling.aspx

www.bhf.org.uk/heart-health/prevention/healthy-eating/food-labels.aspx

Reading Food Labels

For 100g FOOD				
	LOW	MEDIUM	HIGH	
Fat	≤ 3.0g/ 100g	>3.0g to ≤ 17.5g/ 100g	>17.5g/ 100g	>21g/ portion
Saturates	≤1.5g/ 100g	>1.5g to ≤ 5.0g/ 100g	>5.0g/ 100g	>6.0g/ portion
(Total) sugars	≤ 5.0g/ 100g	>5.0g and ≤ 22.5g/ 100g	>22.5g/ 100g	>27g/ portion
Salt	≤ 0.3g/ 100g	>0.3g to ≤ 1.5g/ 100g	>1.5g/ 100g	>1.8g/ portion
Fibre	Higher the fibre the better, 3g or more per 100g.			
Portion size criteria apply to portions/ serving sizes greater than 100g				

For 100ml DRINK				
	LOW	MEDIUM	HIGH	
Fat	≤ 1.5g/ 100ml	>1.5g to ≤ 8.75g/ 100ml	>8.75g/ 100g	>10.5g/ portion
Saturates	≤0.75g/ 100ml	>0.75g to ≤ 2.5g/ 100ml	>2.5g/ 100g	>3g/ portion
(Total) sugars	≤ 2.5g/ 100ml	>2.5g to ≤ 11.25g/ 100ml	>11.25g/ 100g	>13.5g/ portion
Salt	≤ 0.3g/ 100ml	>0.3g to ≤ 0.75g/ 100g	>0.75g/ 100g	>0.9g/ portion
Portion size criteria apply to portions/ serving sizes greater than 150ml				

For healthier eating go for more greens and ambers and less reds.

2. Soups

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Soups

Home made soups taste very different from bought and is an ideal way of encouraging children to eat more vegetables. If you make it you know exactly what is in it, which is very important for young children. Soups can be introduced to babies from a young age provided there is no salt added and it is made without stock cubes.

A blender or liquidiser is very useful when making soup as it allows you to make different varieties and puree them which can encourage children to eat them. Alternatively a potato masher or a sieve can work equally well.

Soups are an ideal way of using up seasonal fresh vegetables that you've had for a few days, and experimenting with a combination of vegetables. Alternatively left-over cooked, tinned or frozen vegetables can be used.

Once you have made your soup, compare it with a tinned or packet version for taste and cost. Remember the cost of your homemade soup will be for a bigger quantity than the tin or packet. Also have a look at the amount of additives, preservatives and flavouring in the packets / tins.

Most of the soups in the following recipes contain 2 portions of vegetables per serving and are a good way of contributing towards your '5 a day fruit and vegetables' dietary target. Soups are a great starter or accompaniment to sandwiches for lunch, or a light lunch.

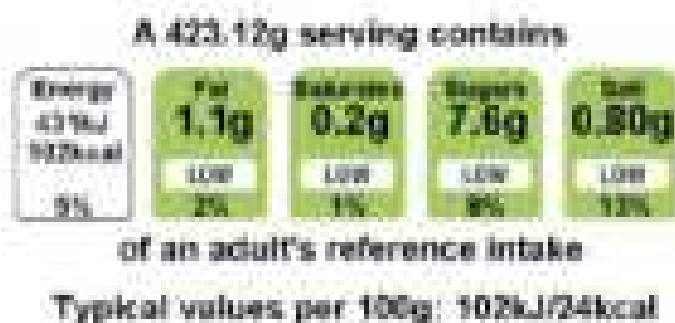
- **Stimulate discussion around adapting recipes to utilise store cupboard/fridge ingredients for best value meals**
- **Serve accompanied by bread, oatcakes – discuss a variety of accompaniments**



Broccoli, Sweet Potato and Lemon Soup

Ingredients (serves 4)	Method
<p>1 Onion (peeled and chopped)</p> <p>2 Carrots (peeled and chopped)</p> <p>1 Small Sweet Potato (peeled and chopped)</p> <p>1 Small Head of Broccoli (chopped)</p> <p>½ cm Piece of Ginger (peeled and chopped)</p> <p>1 Litre Boiling Water with 1 Chicken or Vegetable Stock Cube</p> <p>Lemon Juice to Taste</p> <p>Pinch of Black Pepper</p>	<ol style="list-style-type: none"> 1. Place onion, carrots, sweet potato, broccoli, ginger and stock in a large saucepan. 2. Bring to boil and cook for 30 minutes until vegetables are soft. 3. Puree or mash the soup to desired consistency. 4. Season with lemon juice and black pepper and serve.

- For a spicy soup, a chopped fresh red chilli may be added before serving and garnish with a spoon of natural yoghurt



Butternut Squash and Apple Soup

Ingredients (serves 4)	Method
<p>1 Dessertsp Sunflower Margarine</p> <p>1 Onion (peeled and chopped)</p> <p>2 Celery Sticks (washed and chopped)</p> <p>2 Carrots (peeled and chopped)</p> <p>1 Butternut Squash (peeled, cored and cut into chunks)</p> <p>2 Apples (peeled, de-cored and sliced)</p> <p>1 Litre Boiling Water with 1 Vegetable Stock Cube</p> <p>1 Teasp Chilli Powder</p> <p>Chopped Parsley and Celery Leaves (optional)</p> <p>1 Tablsp Low Fat Crème Fraiche</p>	<ol style="list-style-type: none"> 1. Melt margarine in a large pan. 2. Add onion and celery and cook till soft. 3. Add carrots, butternut squash and apple. 4. Add stock, chilli powder and bring to the boil and simmer for 15-20 minutes or until the vegetables are soft. 5. Blend or mash soup using a hand blender or potato masher. 6. Check seasoning. Serve garnished with parsley, chopped celery leaves and crème fraiche.



Carrot and Butter Bean Soup

Ingredients (serves 4)	Method
<p>3 Carrots (peeled and sliced)</p> <p>1 Onion (peeled and chopped)</p> <p>1 Litre Boiling Water with 1 Chicken or Vegetable Stock Cube</p> <p>1 Small Tin (210g) of Butter Beans (drained)</p> <p>Pinch of Black Pepper</p> <p>Parsley or Coriander (chopped – optional)</p>	<ol style="list-style-type: none"> 1. Place carrots, onion and stock in a large saucepan, simmer for 30 minutes. 2. Puree or mash the soup to desired consistency. 3. Bring back to the boil, stirring all the time. 4. Drain butter beans and add to soup. 5. Season with black pepper to taste, serve garnished with chopped parsley or coriander.



Carrot and Coriander Soup

Ingredients (serves 4)	Method
<p>2 Carrots (peeled and chopped)</p> <p>1 Onion (peeled and chopped)</p> <p>1 Clove of Garlic (peeled and chopped)</p> <p>2 Tomatoes (washed and chopped)</p> <p>2 Celery Sticks (washed and chopped)</p> <p>600ml Boiling Water with 1 Vegetable Stock Cube</p> <p>300ml Fresh Orange Juice</p> <p>3 Tablsp Fresh Coriander (chopped)</p> <p>Pinch of Black Pepper</p>	<ol style="list-style-type: none"> 1. Place all ingredients except fresh coriander and black pepper in a large pan. 2. Simmer for 20-25 minutes. 3. Add coriander. 4. Puree or mash soup. 5. Season with black pepper. Garnish with additional coriander and serve.

- The orange juice may be substituted for stock



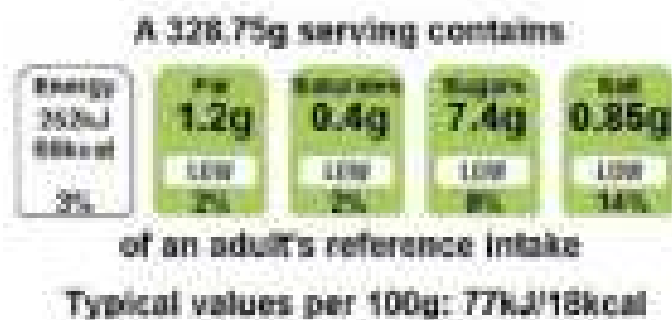
Carrot and Potato Soup

Ingredients (serves 4)	Method
<p>1 Onion (peeled and chopped)</p> <p>2 Potatoes (peeled and diced)</p> <p>2 Carrots (peeled and chopped)</p> <p>1 Litre Boiling Water with 1 Vegetable Stock Cube</p> <p>Pinch of Black Pepper</p> <p>½ Tablsp Chopped Parsley</p>	<ol style="list-style-type: none"> 1. Place onion, carrots and potatoes in a large saucepan, pour in the stock, bring to the boil and leave to cook over a low heat for 30 minutes or until the vegetables are soft and tender. 2. Puree or mash the soup to desired consistency. 3. Season with black pepper, add parsley and serve.



Cream of Carrot Soup

Ingredients (serves 4)	Method
<p>4 Carrots (peeled and chopped)</p> <p>1 Onion (peeled and chopped)</p> <p>1 Stick of Celery (washed and chopped - optional)</p> <p>½ Teasp Curry Powder</p> <p>750ml Boiling Water and 1 Vegetable Stock Cube</p> <p>125ml Semi Skimmed Milk</p> <p>Chopped Parsley and Celery Leaves (optional)</p>	<ol style="list-style-type: none"> 1. Place the carrots, onion and celery into a large pan. 2. Stir in the curry powder and stock. Bring to the boil and simmer for 15-20 minutes or until the vegetables are soft. 3. Blend or mash soup using a hand blender or potato masher. 4. Thin the soup with milk, and heat through. 5. Serve garnished with parsley and chopped celery leaves.



Creamy Chicken Soup

Ingredients (serves 4)	Method
<p>1 Chicken Quarter or 2 Chicken Thighs</p> <p>1 Bay Leaf (optional)</p> <p>1 Litre Boiling Water with 1 Chicken Stock Cube</p> <p>20g Sunflower Margarine</p> <p>1 Onion (peeled and chopped)</p> <p>20g Plain Flour</p> <p>200ml Semi Skimmed or Skimmed Milk</p> <p>1 Dessertsp Lemon Juice</p> <p>Pinch of Black Pepper</p> <p>Parsley to garnish</p>	<ol style="list-style-type: none"> 1. Place the chicken, bay leaf and stock in a pan and simmer for 30 minutes. Strain the liquid through a sieve, capturing the stock in a jug or bowl. 2. Melt the margarine in a large saucepan, add the onion and cook gently. 3. Stir in the flour, gradually add the stock and the milk, cook gently for 10 minutes. 4. Remove the skin and bones from the chicken pieces and discard. 5. Chop the chicken meat and add to the soup. 6. Flavour with lemon juice and season with black pepper to taste, garnish with parsley and serve.

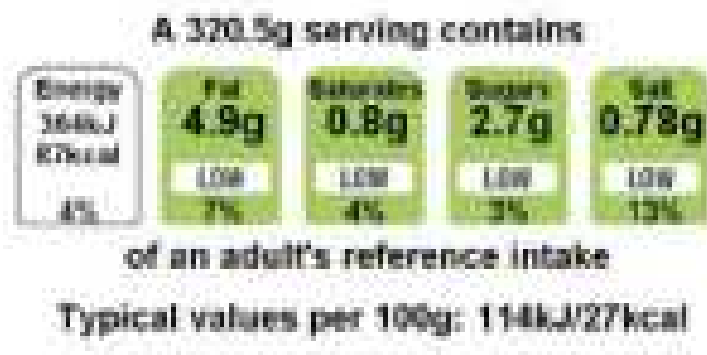
- Sweetcorn, mushrooms or leeks may be added at Stage 5



Creamy Mushroom Soup

Ingredients (serves 4)	Method
3 Teasp Vegetable Oil 1 Onion (peeled and chopped) 300g Mushrooms (washed and chopped) 750ml Boiling Water with 1 Vegetable Stock Cube 2 Teasp Cornflour 100ml Semi Skimmed Milk	1. Heat oil and fry onion and mushrooms gently for 5-7 minutes. 2. Add stock and simmer for 20 minutes. 3. Mix cornflour with a little semi skimmed milk and add to mushrooms, stirring continuously until soup is thickened. 4. Serve.

- Soup may be garnished with chopped parsley
- For a special occasion garnish with crème fraiche



Curried Parsnip Soup

Ingredients (serves 4)	Method
<p>1 ½ Tablsp Sunflower Oil</p> <p>1 Dessertsp Curry Powder</p> <p>1 Onion (peeled and chopped)</p> <p>6 Parsnips (peeled and chopped)</p> <p>1 Apple (peeled, cored and chopped)</p> <p>2 Cloves of Garlic (peeled and chopped)</p> <p>1 Tablsp Flour</p> <p>1 Litre Boiling Water with 1 Chicken or Vegetable Stock Cube</p> <p>Pinch of Black Pepper</p> <p>4 Dessertsp Natural Yoghurt</p>	<ol style="list-style-type: none"> 1. Heat the oil in a large saucepan, add the curry powder, onion, parsnips, apple and garlic, and cook for 5 minutes. 2. Stir in the flour, gradually add the stock, and simmer for 20 minutes. 3. Puree or mash the soup to desired consistency. 4. Season with black pepper to taste. 5. Serve garnished with natural yoghurt.

- Experiment with additional vegetable e.g. carrots or sweet potato work well with parsnips



French Onion Soup

Ingredients (serves 4)	Method
<p>20g Sunflower Margarine</p> <p>4 Large Onions (peeled and sliced thinly)</p> <p>1 Litre Boiling Water with 1 Beef or Vegetable Stock Cube</p> <p>1 Bay Leaf (optional)</p> <p>Pinch of Black Pepper</p> <p>4 Slices of Crusty French Bread (spread with French Mustard)</p> <p>75g Mature Cheddar Cheese (grated)</p>	<ol style="list-style-type: none"> 1. Heat the margarine, add the onions and cook slowly until the onions are golden brown. 2. Add the stock and the bay leaf and simmer for 25 minutes. 3. Season with black pepper to taste. 4. To serve place bread in the bottom of heatproof soup bowls, top with soup, when the bread rises to the top, sprinkle the cheese on to the bread. 5. Place soup bowls under the grill until the cheese melts. 6. Serve immediately.

- Worcestershire sauce or a little brown sauce may be added for flavour at Stage 3



Leek and Potato Soup

Ingredients (serves 4)	Method
<p>1 Onion (peeled and sliced)</p> <p>1 Large Leek (washed and sliced)</p> <p>4 Potatoes (peeled and chopped)</p> <p>1 Litre Boiling Water with 1 Chicken or Vegetable Stock Cube</p> <p>1 Bay Leaf (optional)</p> <p>Pinch of Black Pepper</p> <p>Chopped Parsley</p>	<ol style="list-style-type: none"> 1. Place vegetables, stock and bay leaf in a large saucepan; simmer for 15 minutes until potatoes are soft. 2. Remove bay leaf. 3. Season with black pepper to taste. 4. Garnish with parsley and serve.

- For a smoother soup, try mashing or blending the mixture after removing the bay leaf



Lentil Soup

Ingredients (serves 4)	Method
<p>1 Litre Boiling Water with 1 Vegetable Stock Cube</p> <p>100g Red or Yellow Lentils (washed)</p> <p>1 Small Leek (washed and chopped)</p> <p>2 Carrots (peeled and grated or chopped)</p> <p>1 Small Turnip (peeled and grated or chopped)</p> <p>1 Onion (peeled and chopped)</p> <p>Pinch of Black Pepper</p>	<ol style="list-style-type: none"> 1. Place all ingredients in a large saucepan and simmer for 40 minutes. 2. Season with black pepper, add more water if soup is too thick and serve.

- Try lentil and tomato soup for variety, simply add a tin of chopped tomatoes and a teaspoon of paprika at Stage 1



Minestrone Soup

Ingredients (serves 4)	Method
<p>1 Carrot (peeled and chopped)</p> <p>1 Onion (peeled and chopped)</p> <p>1 Stick of Celery (washed and chopped)</p> <p>1 Litre Boiling Water with 1 Vegetable Stock Cube</p> <p>1 x 400g of Chopped Tomatoes or Passata</p> <p>½ Tablsp Tomato Puree</p> <p>80g Pasta</p> <p>1 Clove of Garlic (peeled and chopped)</p> <p>½ Teasp Mixed Herbs</p> <p>1 Small Tin (200g) of Baked Beans</p>	<ol style="list-style-type: none"> 1. Place the carrot, onion, celery and stock in a large saucepan and simmer for 15 minutes. 2. Add the rest of the ingredients except baked beans and continue to cook for another 15-20 minutes or until pasta is cooked. 3. Add baked beans and serve.

- Try experimenting with a variety of vegetables e.g. chopped peppers, mushrooms, courgettes, even a potato – add these at Stage 1



Roasted Sweet Potato and Vegetable Soup

Ingredients (serves 4)	Method
<p>1 Carrot (peeled and chopped)</p> <p>1 Onion (peeled and chopped)</p> <p>1 Stick of Celery (washed and chopped)</p> <p>1 Red Pepper (washed, de-seeded and chopped)</p> <p>2 Cloves of Garlic (peeled and chopped)</p> <p>1 Courgette (washed and chopped)</p> <p>1 Sweet Potato (peeled and chopped)</p> <p>2 Tablsp Olive Oil</p> <p>1-2 Fresh Red Chillies (de-seeded and chopped) or 1 Teasp Dried Chilli</p> <p>1 Litre Boiling Water with 1 Vegetable Stock Cube</p> <p>Chopped Parsley (optional)</p>	<p>Pre-heat oven to 180C / 350F / Gas Mark 4</p> <ol style="list-style-type: none"> 1. Place all ingredients in a roasting tin, except stock and parsley, drizzle oil over vegetables. 2. Roast in oven for approx 20 minutes till vegetables are soft. 3. Place in a large pan, add stock. Bring to the boil and simmer for 15-20 minutes. 4. Blend or mash soup using a hand blender or potato masher. 5. Serve garnished with parsley.

- Experiment using left over vegetables – cooked or uncooked



Smoked Fish Chowder



Ingredients (serves 4)	Method
<p>2 Potatoes (peeled and chopped)</p> <p>1 Onion (peeled and chopped)</p> <p>500ml Boiling Water with 1 Fish or Vegetable Stock Cube</p> <p>½ Teasp Black Pepper</p> <p>1 Large Fillet of Smoked Haddock (skinned)</p> <p>120ml Semi Skimmed or Skimmed Milk</p> <p>1 x Small Tin (198g) (drained) or Frozen sweetcorn</p> <p>Parsley to garnish</p>	<ol style="list-style-type: none"> 1. Place potatoes and onion in a large pan. 2. Add stock and pepper. 3. Bring to the boil then simmer gently for 15-20 minutes. 4. When the potatoes are soft, gently mash about one third of them in the pan, add the fish, milk and sweetcorn. Heat gently. If soup is too thick add more water or milk. 5. Serve garnished with parsley.

- For Cullen Skink chopped leeks may be added instead of sweetcorn at Stage 4



Split Green Pea Soup

Ingredients (serves 4)	Method
<p>130g Green Split Peas (washed)</p> <p>1 Litre of Boiling Water with 1 Vegetable or Ham Stock Cube</p> <p>1 Onion (peeled and chopped)</p> <p>2 Carrots (peeled and chopped or grated)</p> <p>1 Small Turnip (peeled and chopped or grated)</p>	<ol style="list-style-type: none"> 1. Place all ingredients in a large pan and bring to the boil. Remove any thick scum that may have formed. 2. Simmer for 1 hour until the peas are slightly mushy. 3. Add more water if the soup is too thick and serve.

- Yellow split peas may be substituted for the green split peas



Tomato Soup

Ingredients (serves 4)	Method
<p>1 Onion (peeled and chopped)</p> <p>1 Carrot (peeled and sliced or grated)</p> <p>1 Celery Stick (washed and sliced)</p> <p>1 Large Tin (400g) of Chopped Tomatoes or Passata</p> <p>4 Teasp Tomato Puree</p> <p>1 Teasp Mixed Herbs</p> <p>1 Small Leek (washed and sliced)</p> <p>1 Litre Boiling Water with 1 Chicken or Vegetable Stock Cube</p> <p>1 Small Tin (200g) of Baked Beans</p> <p>Pinch of Black pepper</p>	<p>Place all the ingredients except the baked beans and pepper in a large pan, simmer for 20 minutes.</p> <p>Add the beans, season with black pepper to taste.</p> <p>Simmer for a further 5 minutes and serve.</p>

- For a smoother soup try blending at the end of Stage 1, before adding the baked beans



Vegetable Broth

Ingredients (serves 4)	Method
<p>40g Broth Mix (well rinsed)</p> <p>1 Litre Boiling Water with 1 Vegetable Stock Cube</p> <p>1 Onion (peeled and chopped)</p> <p>1 Small Turnip (peeled and chopped or grated)</p> <p>2 Large Carrots (peeled and chopped or grated)</p> <p>1 Small Leek (washed and chopped)</p> <p>½ Teasp Chopped Parsley</p> <p>½ Teasp Black Pepper</p>	<ol style="list-style-type: none"> 1. Place the broth mix in a bowl. Cover with cold water and leave to soak for 8 hours or overnight (this is not essential – it only speeds up the cooking time) drain. 2. Put the broth mix in a pan with the stock and vegetables except the leek. Bring to the boil and simmer for 1.5 hours, skimming off any scum that may form from the pulses if necessary. Add more water if the soup is too thick. 3. Add the leek and simmer for another 15 minutes. 4. Garnish with parsley, season with black pepper.

- When in season chopped kale may be added at Stage 3
- A chicken portion may be used instead of a stock cube, this can be added at Stage 2, remove after 30 minutes, cool, then add the chicken back to the soup at Stage 3



3. Sauces and Dips

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Sauces

A basic sauce allows for many variations:

- White sauce - make with semi-skimmed milk and thicken with cornflour for an easy low fat sauce
- Béchamel sauce - make with sunflower margarine, plain flour and semi-skimmed milk (onions, cloves and bay leaves may be added to the milk for flavour)
- Fruit sauces, e.g. orange sauce - thicken with cornflour

Sauces can form part of a healthy balanced diet in moderation. Some may be high in fat, sugar and salt, beware of cream or cheese sauces. Regular consumption of table sauces e.g. mayonnaise, salad cream, ketchup etc can contribute significantly to your overall sugar, salt and fat content in your diet.



Cool Mint Yogurt Dip

Ingredients (serves 4)	Method
<p>1 x 150g Tub of Low Fat Natural Yogurt</p> <p>2 Tablsp Mint Sauce</p>	<ol style="list-style-type: none"> 1. Pour yogurt into a bowl. 2. Add mint sauce and stir. 3. Serve chilled.

- Serve as an accompaniment to curry dishes with the addition of chopped cucumber or as a refreshing dressing with salad
- Mint jelly may be used instead of mint sauce, warm slightly to melt jelly before adding to yoghurt
- Serve as an accompaniment to fajitas, grilled chicken or fish or Mexican dishes



Guacamole

Ingredients (serves 4)	Method
<p>2 Medium Ripe Avocados (seeded and peeled)</p> <p>1 Tablsp Lime Juice</p> <p>3 Tomatoes (washed and chopped)</p> <p>1 Small Onion or 2 Spring Onions (peeled and chopped)</p> <p>1 Tablsp Fresh Coriander Leaves (chopped)</p> <p>Pinch of Salt and Black Pepper</p>	<p>1. Mash avocados.</p> <p>2. Add remaining ingredients.</p> <p>3. Season with salt and black pepper to taste.</p>

- Serve as an accompaniment to fajitas, grilled chicken or fish or Mexican dishes
- Avocados go brown easily, if being prepared in advance, cover and place in the refrigerator until required



Hummus

Ingredients (serves 4)	Method
<p>1 Tablsp Olive Oil</p> <p>2 Cloves of Garlic (peeled and chopped)</p> <p>1 Red Chilli (de-seeded and chopped)</p> <p>1 Large Tin (400g) of Chickpeas (drained and rinsed)</p> <p>½ Lemon (zest and juice)</p> <p>1 Tablsp Peanut Butter</p> <p>1 Tablsp Low Fat Natural Yoghurt</p> <p>1 Teasp Ground Coriander</p> <p>Black Pepper</p>	<p>1. Place all ingredients in a bowl and blend.</p> <p>2. Season with black pepper to taste.</p> <p>3. Serve chilled.</p>

- Serve with crudities – strips of carrots, cucumber, celery, peppers etc. for a tasty alternative to crisps and dips



Seafood Sauce

Ingredients (serves 4)	Method
3 Tablsp Low Fat Mayonnaise 3 Tablsp Low Fat Natural Yogurt 2 Tablsp Tomato Ketchup ½ Teasp Worcestershire Sauce Black Pepper	1. Combine all ingredients and mix thoroughly

- Traditionally served over prawns for a Prawn Cocktail
- Experiment with a range of salads e.g. melon, apple or avocado



Sweet and Sour Sauce

Ingredients (serves 4)	Method
3 Tabbsp Pineapple Juice 3 Tabbsp Light Soft Brown Sugar 3 Tabbsp Vinegar 3 Tabbsp Tomato Puree 1 Tabbsp Soy Sauce 1 Teasp Cornflour 6 Tabbsp Water	1. Place all the ingredients except the cornflour and water in a saucepan. Stir well, heat gently until the sugar dissolves. 2. Mix the cornflour with the water, add to the pan and stir until the sauce is smooth and thick. 3. Simmer very gently for 5 minutes, stirring occasionally. 4. Serve.

- Seasoning may be adjusted by adding additional sugar for sweetness or vinegar for sourness
- A popular sauce to go with Chinese egg fried rice or with steamed / grilled vegetables
- Toss it into stir-fried vegetables, chicken or pork just before serving



Tomato and Chilli Salsa

Ingredients (serves 4)	Method
<p>1 Red Onion (peeled and chopped)</p> <p>1 Large Tin (400g) of Chopped Tomatoes or Passata or 4 Fresh Tomatoes</p> <p>Juice of 1 Lemon</p> <p>1 Teasp Chilli Powder</p> <p>1 Tablsp Fresh Coriander Leaves (chopped)</p> <p>Black Pepper</p>	<p>1. Place all ingredients in a blender.</p> <p>2. Season to taste with black pepper.</p>

- Use as a relish for burgers
- Served as a dip with vegetables e.g. cucumber, carrot or celery sticks
- Serve as an accompaniment to fajitas, grilled chicken or fish or Mexican dishes



Tomato Sauce

Ingredients (serves 4)	Method
<p>1 Onion (peeled and chopped)</p> <p>1 Large Tin (400g) of Chopped Tomatoes or Passata</p> <p>1 Clove of Garlic (peeled and crushed)</p> <p>1 Tablsp Mixed Herbs (optional) or 8 Fresh Basil Leaves (torn)</p> <p>Black Pepper</p>	<ol style="list-style-type: none"> 1. Place all ingredients in a saucepan, heat through gently for 5 – 6 minutes. 2. Season with black pepper to taste. 3. Serve.

- Serve with pasta and a side salad
- Spread on a prepared pizza base and add your favourite toppings
- Add stock for a quick soup
- For a spicy sauce add a chopped fresh chilli



White Sauce

Ingredients (serves 4)	Method
<p>1 Dessertsp Sunflower Margarine</p> <p>1 Dessertsp Plain Flour</p> <p>300ml Semi Skimmed Milk</p> <p>Pinch of Black Pepper and Salt</p>	<ol style="list-style-type: none"> 1. Melt the margarine in a saucepan. 2. Stir in the flour and cook for 1 minute. 3. Remove pan from heat and stir in the milk, a little at a time. 4. Return pan to heat and bring to the boil, stirring continuously. Cook gently until the sauce thickens. 5. Season with black pepper and salt to taste.

- To make cheese sauce – add 100g grated mature cheddar cheese to the sauce with the saucepan off the heat and continue stirring until the cheese has melted
- For all in one recipe see 'Microwave' section



Cooking for Smaller Numbers

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Cooking For Smaller Numbers

At certain times in our lives we may find ourselves cooking for one or smaller numbers. For some it may be about learning to cook and shop, whilst others may find it's about changing the amount and the way we cook.

This section contains a range of recipes for cooking for one or two, the second portion can be refrigerated for the following day or frozen for another occasion.

Meal Planning

Breakfast

- Breakfast cereals; choose the higher fibre varieties, topped with fresh or canned fruit in juice
- Porridge oats; sweeten with honey or dried fruit
- Fresh or dried fruit with natural low fat yoghurt
- For fruit smoothies, blend fresh or canned fruit in juice with chilled milk or fruit juice until smooth

Lunch

- A freshly prepared bowl of soup or a tin of soup (watch out for the salt content) with bread.
- Try a baked potato with side salad
- Make sandwiches and serve with additional salad (much cheaper than buying them)

Dinner

- Over the course of the week try to eat a variety of foods, accompanied by pasta, rice, bread or potatoes and vegetables.



Smoked Haddock Chowder

Ingredients (serves 2)	Method
<p>1 Dessertsp Sunflower Margarine</p> <p>½ Small Onion (peeled and chopped)</p> <p>1 Teasp Plain Flour</p> <p>175ml Semi Skimmed Milk</p> <p>175ml Water</p> <p>1 Bay Leaf (optional)</p> <p>1 Potato (peeled and chopped)</p> <p>1 x 160g Fillet of Smoked Haddock (skinned)</p> <p>1 Dessertsp Lemon Juice</p> <p>1 Dessertsp Parsley (chopped)</p> <p>Pinch of Black pepper</p>	<ol style="list-style-type: none"> 1. In a saucepan melt margarine, add chopped onion, cook till soft. Add flour, gradually add milk and water. 2. Add bay leaf and bring to the boil, simmer gently. 3. Add potato, cook till soft. 4. Add haddock and lemon juice. 5. Stir to break up fish. 6. Sprinkle with parsley and season with black pepper to taste.



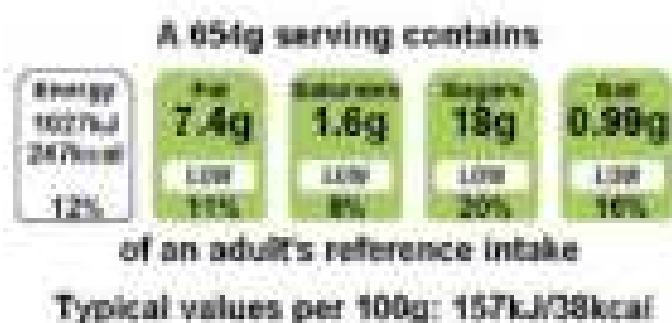
Tomato and Courgette Soup

Ingredients (serves 2)	Method
<p>1 Dessertsp Olive Oil</p> <p>1 Onion (peeled and chopped)</p> <p>1 Clove of Garlic (peeled and chopped)</p> <p>½ Teasp Coriander</p> <p>1/3 Teasp Oregano</p> <p>1 x 400g Tin of Chopped Tomatoes or Passata</p> <p>1 Courgette (sliced)</p> <p>150ml Water (boiling)</p> <p>1 Teasp Tomato Puree</p> <p>Pinch of Black Pepper</p>	<ol style="list-style-type: none"> 1. In a saucepan heat the oil, add onion and cook till soft. 2. Add garlic, coriander and oregano. 3. Add tomatoes and courgette cook for a further couple of minutes. 4. Add water and tomato puree, cook for a further 5 minutes with the lid on. 5. Take pan off the heat, blend soup with a hand blender or potato masher, season with black pepper to taste and serve.



Bean and Roast Pepper Tagine

Ingredients (serves 2)	Method
<p>1 Teasp Olive Oil</p> <p>1 Red pepper (washed, de-seeded and cut into strips)</p> <p>1 Medium Onion (peeled and chopped)</p> <p>1 x 400g Tin of Chopped Tomatoes or Passata</p> <p>Pinch of Sugar</p> <p>½ Teasp Paprika</p> <p>1 x 210g Tin of Butter Beans (drained)</p> <p>1 Egg (beaten)</p> <p>½ Lettuce (washed and shredded)</p> <p>2 Tomatoes (washed and sliced)</p> <p>½ Cucumber (washed and sliced)</p>	<p>Pre-heat the grill</p> <ol style="list-style-type: none"> 1. Heat the oil in a non-stick frying pan and cook the pepper and onion until softened, add the tomatoes, sugar and paprika, simmer for 10 minutes, uncovered. 2. Add the butter beans and the egg. 3. Arrange in an oven-proof dish and grill for approx 10 minutes or until set. 4. Serve with prepared side salad.



Broccoli and Mushroom Lasagne

Ingredients (serves 2)	Method
<p>1 Teasp Sunflower Oil</p> <p>1 Medium Onion (peeled and chopped)</p> <p>1 Clove of Garlic (peeled and chopped)</p> <p>4 Mushrooms (washed and chopped)</p> <p>1 x 400g Tin of Chopped Tomatoes or Passata</p> <p>½ Teasp mixed herbs</p> <p>1 Small Head of Broccoli Florets (boiled for 3 minutes)</p> <p>60g Green Beans (cooked)</p> <p>4 Tablesp Ready Made Cheese Sauce or (1 dessertsp each of margarine and plain flour, melt together and add approx 125ml semi- skimmed milk and stir until thickened, season with pinch of black pepper and add half the grated cheese)</p> <p>25g Cheese (grated)</p> <p>3 Sheets (48g) of Lasagne</p> <p>½ Lettuce (washed and shredded)</p> <p>2 Tomatoes (washed and sliced)</p> <p>½ Cucumber (washed and sliced)</p>	<p>Pre-heat oven to 180C / 350F / Gas Mark 4</p> <ol style="list-style-type: none"> 1. Heat the oil in a frying pan, and fry the onion, garlic and mushrooms for 3 minutes. 2. Add the tomatoes and herbs, simmer for 5 minutes more. Stir in the broccoli and beans. 3. Place 2 tablesp of cheese sauce in the bottom of an ovenproof dish, top with a sheet of lasagne. 4. Place half the vegetable mixture on top, add a sheet of lasagne, and repeat this stage. 5. Top lasagne with remaining cheese sauce and grated cheese. 6. Bake for 30-35 minutes. 7. Serve with prepared side salad.

- Experiment with different vegetables e.g. peppers, spinach, courgettes etc.



Leek and Potato Spanish Omelette

Ingredients (serves 1)	Method
<p>1 Teasp Olive Oil</p> <p>1 Small Leek (washed and chopped)</p> <p>2 Eggs</p> <p>Pinch of Black pepper</p> <p>2 Tablsp Semi Skimmed Milk</p> <p>1 Medium Potatoes (peeled, cubed and boiled)</p>	<p>Pre-heat the grill</p> <ol style="list-style-type: none"> 1. Heat half the oil in a small frying pan and cook leek till soft, remove from pan. 2. In a bowl beat the eggs, black pepper and milk together. 3. Heat the remaining oil in a small frying pan, add the potatoes and leek. Pour over the egg mixture and cook over a medium heat till egg starts to set. 4. Place the pan under the grill till the egg is cooked. 5. Tip onto a warm plate and serve.

- Serve with a mixed salad or seasonal vegetables



Mushroom and Pepper Pilaf

Ingredients (serves 1)	Method
<p>1 Teasp Sunflower Margarine</p> <p>1 Pepper (washed, de-seeded and chopped)</p> <p>1 Medium Onion (peeled and chopped)</p> <p>1 x 285g Tin of Mushroom (drained)</p> <p>160ml Boiling Water</p> <p>50g Long Grain or Risotto Rice</p> <p>1 Teasp Chopped Parsley (optional)</p> <p>Pinch of Black Pepper</p>	<ol style="list-style-type: none"> 1. Melt margarine in a saucepan, add pepper and onion and cook until softened. 2. Add mushrooms; heat through. 3. Stir in the water, rice and parsley. Bring to the boil. 4. Reduce heat; cover and simmer for 14-16 minutes or until liquid is absorbed and rice is tender, season with black pepper. 5. Serve.



Mushroom Omelette

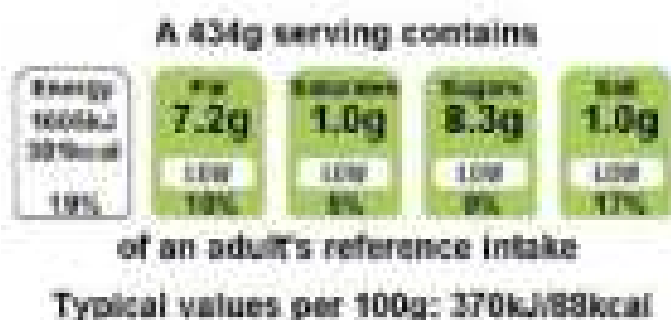
Ingredients (serves 1)	Method
<p>1 Teasp of Olive Oil</p> <p>½ Onion (peeled and chopped)</p> <p>75g Mushrooms (wiped and sliced)</p> <p>2 Eggs</p> <p>1 Tabbsp Semi Skimmed Milk</p> <p>Pinch of Black Pepper</p>	<ol style="list-style-type: none"> 1. In a small frying pan or omelette pan, heat ½ the oil, add onion and mushrooms and cook till soft. 2. Remove from pan. 3. Heat the rest of the oil. 4. Lightly whisk the eggs, milk and black pepper together, add to pan. 5. Swirl the egg mixture around the pan and using a fork draw the cooked egg from the edges of the pan to the centre and allow the liquid egg to reach the sides of the pan. 6. Add warm mushroom mixture to one side of the omelette. 7. Using a palate knife or fish slice fold the other side of the omelette over the mushroom mixture. 8. As soon as the omelette is set, tip onto a warm plate and serve.

- Experiment with different fillings for your omelette e.g. cooked fish, chicken, vegetables, cheese etc.
- For a Spanish or Frittata type omelette, at Stage 5 top omelette with filling and then place under the grill to fluff up the top
- Serve with a mixed salad or seasonal vegetables



Pasta with Chickpeas, Tomatoes and Rocket

Ingredients (serves 1)	Method
<p>1 Tablsp Cold Water</p> <p>2 Tablsp Low Fat Natural Yogurt</p> <p>1 Tablsp Parsley (chopped)</p> <p>½ Tablsp Mint (chopped)</p> <p>½ Fresh Chilli (or ½ teasp Chilli Powder)</p> <p>1 x 210g Tin of Chickpeas (drained)</p> <p>50g Pasta (boiled)</p> <p>5 Cherry Tomatoes</p> <p>Handful of Rocket or Watercress</p>	<ol style="list-style-type: none"> 1. Make salad dressing by adding 1 tablsp water to the yogurt, then add parsley, mint and chilli. 2. Add the chickpeas to the pasta, along with the tomatoes and rocket or watercress. 3. Add the salad dressing and serve.



Scrambled Eggs with Mushrooms and Toast

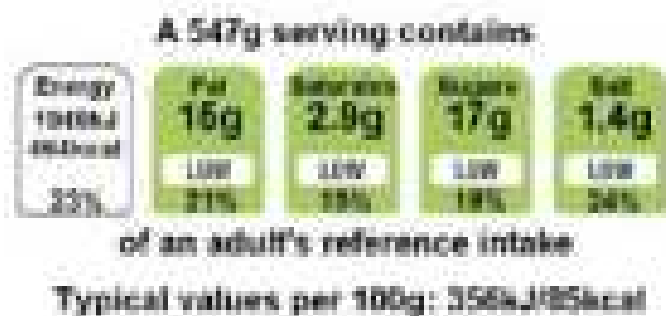
Ingredients (serves 1)	Method
50g Mushrooms (washed and sliced) 1 Dessertsp Sunflower Margarine 2 Eggs (whisked together) Pinch of Black Pepper 1 Slice of Wholemeal Bread (toasted)	1. Place the mushrooms in a non stick pan and cook till golden. 2. Remove and keep warm. 3. Melt the margarine in the pan, add the eggs and black pepper and cook gently stirring. 4. When almost cooked add mushrooms. 5. Serve on a slice of toast.

- Experiment with different vegetables e.g. chopped tomatoes, spring onions, sweetcorn etc.



Vegetable Fajitas

Ingredients (serves 2)	Method
<p>Salsa</p> <p>2 Tomatoes (chopped)</p> <p>1 Spring Onion (chopped)</p> <p>Pinch of Chilli (to taste)</p> <p>1 Tabbsp Fresh Coriander (chopped)</p> <p>½ Clove of Garlic (peeled and chopped)</p> <p>Guacamole</p> <p>½ Avocado (remove from skin, de-stone and mash)</p> <p>1 Teasp Lemon Juice</p> <p>1 Spring Onion (chopped)</p> <p>1 Tomato (chopped)</p> <p>½ Clove of Garlic (peeled and chopped)</p> <p>1 Teasp Olive Oil</p> <p>1 Courgette (washed and sliced)</p> <p>1 Medium Red Onion or 2 Spring Onions (peeled and sliced)</p> <p>1 Clove of Garlic (peeled and chopped)</p> <p>1 Pepper (washed, de-seeded and sliced)</p> <p>Pinch of Chilli Power</p> <p>Pinch of Mixed Herbs</p> <p>1 x 210g Tin of Kidney Beans (drained)</p> <p>2 x 64g Tortilla Wrap</p>	<ol style="list-style-type: none"> 1. Prepare salsa and guacamole by combining list of ingredients. 2. Heat oil in a large frying pan or wok, add vegetables, herbs and spices and stir fry, add kidney beans. 3. Warm tortilla as per manufacturer's instructions. 4. Serve vegetables wrapped in tortilla accompanied by the salsa and guacamole.



Crusted Cod with Provencal Tomatoes

Ingredients (serves 1)	Method
<p>2 Tablsp Breadcrumbs</p> <p>1 Tablsp Fresh or Dried Herbs (e.g. Parsley, thyme and tarragon)</p> <p>1 Clove of Garlic (peeled and chopped)</p> <p>½ Lemon (grated zest and juice)</p> <p>1 Tablsp Olive or Sunflower Oil</p> <p>Pinch of Black Pepper</p> <p>1 x 160g Piece of Cod</p> <p>2 Tomatoes (washed and halved)</p> <p>3 Tablesp Broccoli (boiled or steamed)</p> <p>4 Potatoes (egg sized, boiled)</p>	<p>Pre-heat oven to 180C / 350F / Gas Mark 4</p> <ol style="list-style-type: none"> 1. Mix breadcrumbs, herbs, garlic, lemon – juice and zest, olive oil and black pepper. 2. Grease an ovenproof dish, place fish in dish along with tomatoes. 3. Top fish and tomatoes with breadcrumb mix. 4. Bake in oven for 10-15 minutes until fish is cooked and the crust is crisp. 5. Serve with boiled potatoes and broccoli.

- Experiment with different fish for this dish e.g. haddock (160g) or salmon (60g)
- Alternatively serve with a variety of seasonal vegetables



Salmon Fish Cakes

Ingredients (serves 1)	Method
<p>1 x 105g Tin of Salmon</p> <p>2 Potatoes (boiled and mashed)</p> <p>2 Spring Onion (peeled and chopped)</p> <p>2 Tablsp Flour</p> <p>Pinch of Black Pepper</p> <p>1 Teasp Sunflower Oil</p> <p>3 Tablsp Carrots (peeled, sliced and boiled)</p>	<p>Pre-heat oven to 180C / 350F / Gas Mark 4</p> <ol style="list-style-type: none"> 1. Drain salmon, remove any skin or bones. 2. Add salmon to mashed potatoes, with spring onions. 3. Divide mixture into 3 and shape into small cakes, coat in flour seasoned with black pepper. 4. Lightly oil baking tray, place fish cakes on tray and bake in oven for approx 20 minutes, till golden in colour and hot throughout. 5. Serve with carrots.

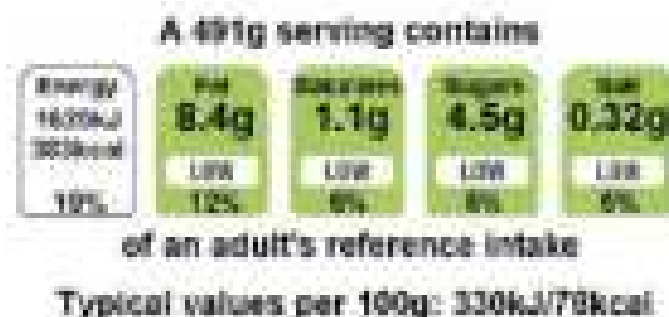
- Experiment with different fish for this dish e.g. haddock (160g)
- Alternatively serve a variety of seasonal vegetables or salad



Spiced Fish with Couscous

Ingredients (serves 1)	Method
50g Couscous 90ml Boiling Water 1 Teasp Olive Oil 1 Pinch of Cumin 1 Pinch of Chilli Powder ½ Tablsp Lemon juice 160g Fillet of White Fish 5 Cherry Tomatoes (halved) 3 Tablsp Sweetcorn	<ol style="list-style-type: none"> 1. Place the Couscous in a heat proof bowl and cover with boiling water, set aside for 10 minutes. 2. Heat the oil in a frying pan; add the spices and lemon juice, followed by the fish, cook for about 3 minutes until the fish flakes easily. 3. Stir the tomatoes and sweetcorn into the Couscous. 4. Serve the fish with the vegetable Couscous.

- Additional seasonal vegetables or salad may accompany this dish



Tuna Bake

Ingredients (serves 2)	Method
<p>1 x 80g Tin of Tuna in Brine</p> <p>100g Pasta (cooked)</p> <p>2 Tomatoes (washed and chopped)</p> <p>1 x 198g Tin of Sweetcorn (drained) or Frozen</p> <p>4 Tablespoons Ready Made Cheese Sauce or (1 dessertsp each of margarine and plain flour, melt together and add approx 125ml semi- skimmed milk and stir until thickened, season with a pinch of black pepper to taste and add 25g grated cheese)</p> <p>25g Prawn crackers</p>	<p>Pre-heat oven to 180C / 350F / Gas Mark 4</p> <ol style="list-style-type: none"> 1. Mix together all the ingredients except for the prawn crackers, and spoon them into a small casserole dish. 2. Scatter the prawn crackers over the top, and bake for 20-30 minutes, until it starts to brown.

- Serve with salad or seasonal vegetables



Chicken Chow Mein

Ingredients (serves 1)	Method
<p>1 Teasp Sunflower Oil</p> <p>1 x 80g Chicken Breast (sliced)</p> <p>1 Medium Onion or 2 Spring Onions (peeled and chopped)</p> <p>1 Clove of Garlic (peeled and chopped)</p> <p>1 Pepper (de-seeded and sliced)</p> <p>6 Mushrooms (washed and sliced)</p> <p>100g Pak Choi or Green Cabbage (shredded)</p> <p>1 Carrot (peeled and sliced)</p> <p>1" Fresh Root Ginger (peeled and chopped)</p> <p>75g Egg Noodles (cooked)</p> <p>1 Teasp Soy Sauce</p>	<ol style="list-style-type: none"> 1. Heat the oil in a large frying pan or wok. Stir fry chicken, onion and garlic till golden brown. 2. Reduce the heat and add the vegetables, continue to stir. 3. Add the egg noodles to the chicken and vegetables, add soy sauce to taste and serve.

- Try different vegetables e.g. baby corn, sugar-snap peas, beansprouts, water chestnuts, bamboo shoots etc.
- Chow Mein can be made with different meats e.g. turkey, pork etc.



Chicken Tikka Kebab

Ingredients (serves 1)	Method
Marinade 2 Tabbsp Natural Low Fat Yogurt ¼ Teasp Cumin ¼ Teasp Coriander ½ Teasp Turmeric 1 Clove of Garlic (peeled and chopped) ½ Teasp Fresh Root Ginger (peeled and grated) ¼ Teasp Chilli 1 x 80g Chicken Breast (cut into chunks) 1 Red Pepper (de-seeded and sliced) ½ Onion (peeled and cut into chunks) 50g Long Grain Rice (boiled)	Pre-heat the grill 1. Mix all marinade ingredients together. 2. Add chicken to marinade, cover and place in the fridge for up to 24 hours (depending on the time you have available) 3. Thread chicken onto skewers with onion and pepper. 4. Grill for approx 10-15 minutes turning to prevent over cooking. 5. Serve with boiled rice.

- The spices may be replaced with 1 teasp of curry powder
- Salad and salsa would compliment this meal
- Alternatively serve in a pitta bread



Provençal Chicken Casserole

Ingredients (serves 1)	Method
<p>1 Teasp of Sunflower Oil</p> <p>1 Medium Onion (peeled and sliced)</p> <p>1 x 80g Chicken Breast (skin removed)</p> <p>1 Clove of Garlic (peeled and sliced)</p> <p>1 Pepper (sliced)</p> <p>3 Tomatoes or 1 Small Tin (200g) (chopped)</p> <p>1 Pinch of Oregano or Mixed Herbs</p> <p>4 Potatoes (egg sized, boiled)</p> <p>3 Tablsp Seasonal Vegetables (cooked)</p>	<ol style="list-style-type: none"> 1. Heat the oil in a non-stick pan and cook the onion gently until softened. 2. Add the chicken and cook for a few minutes to brown, then add the garlic, pepper, tomatoes and herbs. 3. Cook over a low heat for 30-35 minutes (20 minutes for a boneless chicken breast) or until the chicken is cooked through. 4. Serve casserole with potatoes and seasonal vegetables.

- Alternatively serve with boiled rice and salad



Gammon Steak with Honey and Mustard

Ingredients (serves 1)	Method
1 x 80g Gammon Steak 1 Teasp Wholegrain Mustard 1 Teasp English Mustard 1 Tablsp Runny Honey 4 Potatoes (egg sized, boiled) 3 Tablesp Seasonal Vegetables (cooked)	Pre-heat the grill 1. Coat the gammon in the mustard and honey. 2. Grill the gammon for about 5 minutes on each side. 3. Serve gammon steak with potatoes and seasonal vegetables.

- Please note that gammon is extremely high in salt, try and choose unsmoked gammon and only eat occasionally



Pork Stroganoff

Ingredients (serves 1)	Method
<p>1 Teasp Sunflower Oil</p> <p>1 Medium Onion (peeled and sliced)</p> <p>1 x 80g Pork Loin (fat removed and sliced thinly)</p> <p>50g Mushrooms (washed and sliced)</p> <p>A Squeeze of Lemon Juice</p> <p>50ml Low Fat Crème Fraiche</p> <p>Pinch of Black Pepper</p> <p>50g Pasta (boiled)</p> <p>3 Tablsp Seasonal Vegetables (cooked)</p>	<ol style="list-style-type: none"> 1. Heat the oil in a frying pan and fry the onion and pork for 4 minutes. 2. Add the mushrooms and cook for a further 2 minutes. 3. Add the lemon juice and crème fraiche. Season well with black pepper and heat through. 4. Serve with cooked pasta and vegetables.

- Alternatively serve with boiled rice and salad



Bobotie (African)

Ingredients (serves 2)	Method
<p>125g Lean Minced Beef/Lamb</p> <p>1 Small Onion (peeled and chopped)</p> <p>1 Apple (cored and chopped)</p> <p>1 Dessertsp Sultanas</p> <p>½ Teasp Hot Curry Powder</p> <p>Pinch of Black Pepper</p> <p>2 Slices of Bread</p> <p>60ml Semi Skimmed Milk</p> <p>2 Eggs</p> <p>10 Peanuts (or almonds or cashews)</p> <p>½ Lettuce (washed and shredded)</p> <p>2 Tomatoes (washed and sliced)</p> <p>½ Cucumber (washed and sliced)</p>	<p>Pre-heat oven to 300F, 150C or Gas Mark 2</p> <ol style="list-style-type: none"> 1. Heat a non-stick pan, brown mince with onion. 2. Add apple, sultanas, curry powder and black pepper. 3. Soak bread in milk. 4. Squeeze milk from bread and add milk to eggs. 5. Add bread to mince mixture. 6. Place mince mixture in an oven proof dish, press mixture down with the back of a spoon. Sprinkle with peanuts and top with egg and milk mixture. 7. Bake in oven for approx 30 minutes until egg is set and topping is golden brown. 8. Serve with prepared side salad.



Chilli with Rice

Ingredients (serves 2)	Method
<p>125g Lean Minced Beef</p> <p>1 Onion (peeled and chopped)</p> <p>1 Pepper (de-seeded and chopped)</p> <p>2 Mushrooms (washed and sliced)</p> <p>1 Clove of Garlic (peeled and chopped)</p> <p>½ Teasp Cumin</p> <p>¼ Teasp Chilli</p> <p>1 x 400g Tin of Tomatoes or Passata</p> <p>100ml Water</p> <p>1 x 400g Tin of Kidney (drained)</p> <p>1 Dessertsp Tomato Puree</p> <p>Pinch of Black Pepper</p> <p>100g Long Grain Rice (boiled)</p>	<ol style="list-style-type: none"> 1. Brown mince in a saucepan. 2. Add vegetables, garlic and spices. 3. Add tomatoes and water, cook for approx 30 minutes. 4. Add beans and tomato puree. 5. Season with black pepper to taste and serve with boiled rice.

- The kidney beans may be replaced with baked beans



Donor Kebab

Ingredients (serves 2)	Method
<p>1/3 Teasp Cumin</p> <p>1/3 Teasp Coriander</p> <p>1 Tablsp Fresh Mint (chopped)</p> <p>125g Lean Minced Beef</p> <p>1 Pepper (de-seeded and chopped)</p> <p>1 Courgette (sliced)</p> <p>1 Tablsp Sunflower Oil</p> <p>100g Long Grain Rice (boiled)</p>	<p>Pre-heat the grill</p> <ol style="list-style-type: none"> 1. Combine cumin, coriander, mint and mince in a bowl. You may wish to leave this to marinade to allow the flavours to develop. 2. Thread pepper, courgette and small pieces of mince mixture on to skewers . 3. Brush with oil. 4. Grill for approx 20 minutes turning to prevent over cooking. 5. Serve with boiled rice.

- Alternatively serve with salad, pitta breaks and salsa



Keema Curry

Ingredients (serves 2)	Method
<p>125g Lean Minced Beef</p> <p>1 Onion (peeled and chopped)</p> <p>1 Clove of Garlic (peeled and crushed)</p> <p>2.5cm Piece of Fresh Ginger (peeled and chopped finely)</p> <p>1 Tablesp Medium Curry Powder</p> <p>1 x 400g Tin of Chopped Tomatoes</p> <p>50g Frozen Peas</p> <p>100ml Water</p> <p>100g Long Grain rice (boiled)</p>	<ol style="list-style-type: none"> 1. In a saucepan brown the mince, add the onion, garlic and ginger cook for a couple of minutes. 2. Add the curry powder and cook for 1 minute more. 3. Add the remaining ingredients, except the rice. 4. Cover and simmer for 15 minutes before serving with rice.

- Additional vegetables may be added at Stage 3 e.g. peppers, courgettes, mushrooms etc.
- For a hotter curry add chilli – fresh or powdered
- For a sweeter curry add mango chutney



Shepherd's Pie

Ingredients (serves 2)	Method
<p>125g Lean Minced Beef</p> <p>1 Onion (peeled and chopped)</p> <p>½ Turnip (peeled and chopped)</p> <p>2 Carrots (peeled and chopped)</p> <p>250ml of Boiling Water</p> <p>50g Frozen Peas</p> <p>4 Teasp Gravy Granules</p> <p>4 Potatoes (peeled, boiled and mashed with 1 teasp margarine and 1 dessertsp semi skimmed milk, seasoned with a pinch of black pepper)</p>	<ol style="list-style-type: none"> 1. Brown the mince in a saucepan, add onion, turnip and carrots. 2. Cover with water and simmer for 20 minutes. 3. Add peas and thicken with gravy granules. Place in an ovenproof dish. 4. Cover with mashed potatoes. 5. Grill for 5-10 minutes, or until golden brown.

- Serve with seasonal vegetables



5. Light Meals

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Sandwich / Packed Lunch Ideas

Bread, Bakery and Cereal Products

Granary, wholemeal, white, French stick, pitta bread, tortilla wraps, toasted bread, bagels, breadsticks, scones, pancakes, crackers, oatcakes, rice cakes, plain muffins etc.

Egg Fillings

Mash hard-boiled eggs with any of the following: - 1 teasp reduced fat salad cream, mayonnaise, tomato ketchup or curry powder.

Cheese Fillings

Cottage cheese with chives, pineapple or other salad vegetables, grated cheese with pickle, or mix with fresh or tinned pineapple in juice, or mix with grated carrot with a little reduced calorie mayonnaise, or top with salad.

Meat Fillings

Chicken, roast beef, ham, pork etc. topped with salad or pickle.

Fish Fillings

Mash sardines or pilchards with pepper and lemon juice.

Mash tuna (in brine, drained) or mackerel with 1 teasp tomato ketchup and chopped tomato, or reduced fat salad cream or mayonnaise.

Sweet Alternative

Mash banana with a squeeze of lemon juice.

Grated apple tossed in lemon juice with sultanas on bread spread with honey.

Healthy Hint

Try to avoid butter, margarine or spread if a moist filling is used. Use low fat options where possible; alternatively use a smaller quantity of full fat.



Snacks

Choose healthy alternatives to crisps/sweets/high sugar drinks.

Fresh Fruit

Try to eat a variety of fruit – a good way is to slice up a selection, or place on wooden skewers and serve as kebabs, accompanied by yogurt.

Milk Shake

In a blender mix 1 banana, 100g strawberries, 250ml semi-skimmed milk, small pot of natural yogurt (serves 2)

Experiment with different seasonal fruits; replace milk with fruit juice for tasty smoothies.

Raw Vegetables

Any vegetables including babycorn, broccoli, carrots, celery, cherry tomatoes, cucumber, mangetout, peppers etc. Try serving with a dip see: “Sauces” section for salsa, cool mint yogurt or hummus recipes.

Dairy Foods

Low fat yogurts, fromage frais, cheese portions, cubes of cheese, yogurt drinks, smoothies.

Drinks

Semi-skimmed milk, (full fat if under the age of two) plain still water (tap), unsweetened tea or coffee, herbal/fruit tea, fruit juice, sugar free diluted squashes, fruit juice diluted with water

Discuss drinks to benefit oral health.

For further ideas take a look at the websites below:

www.annabelkarmel.com

www.letsgetcookingathome.org.uk

<http://www.nhs.uk/Livewell/childhealth6-15/Pages/Lighterlunchboxes.aspx>

<http://eatwelleveryday.org/>



Bruschetta

Ingredients (serves 4)	Method
<p>1 French Stick or Ciabatta Bread</p> <p>2 Cloves of Garlic (peeled and chopped)</p> <p>3 Tablsp Olive Oil</p> <p>4 Tomatoes (chopped)</p> <p>1 Red Onion (peeled and chopped)</p> <p>1 Deesertsp Basil Leaves (torn)</p>	<ol style="list-style-type: none"> 1. Cut the bread length wise, then into pieces about 10cm long. 2. Combine half the garlic with the olive oil and brush the inside of the bread. 3. Pre-heat the grill and toast the bread lightly on both sides. 4. Combine the remaining ingredients and spoon on to the garlic oil side of the bread. 5. Serve immediately.

- Serve as a Starter or with a range of salad for a main meal



Cauliflower Cheese

Ingredients (serves 4)	Method
<p>1 Cauliflower (remove the leaves and break into florets)</p> <p>1 Tablsp Sunflower Margarine</p> <p>1 Tablsp Plain Flour</p> <p>300ml Semi Skimmed Milk</p> <p>50g Mature Cheddar (grated)</p> <p>2 Tomatoes (washed and quartered)</p> <p>16 Baby Potatoes (boiled in their skins)</p> <p>4 Carrots (peeled, sliced and boiled or steamed)</p>	<ol style="list-style-type: none"> 1. Boil cauliflower until tender, about 7 minutes. 2. Drain and place in ovenproof dish. 3. Melt margarine over a gentle heat, add flour and gradually add in the milk, stirring all the time. 4. Cook until sauce thickens and add half the cheese. 5. Pour sauce over cauliflower. 6. Add tomatoes. 7. Top with remaining cheese. 8. Grill until golden. 9. Serve with boiled potatoes and carrots.

- Any leftover cauliflower cheese and extra vegetables makes a quick and easy soup; simply place cauliflower cheese and vegetables in a saucepan, add some stock and bring to the boil, simmer for about 5 minutes, blend or mash, season to taste and serve.



Couscous Salad

Ingredients (serves 4)	Method
200g Couscous 50g Sultanas 350ml Boiling Water with 1 Vegetable Stock Cube 2 Tomatoes (finely chopped) 4 Spring Onions (peeled and finely chopped) 1 Tablsp Fresh Mint (chopped) 1 Tablsp Fresh Coriander (chopped) 1 Tablsp Lemon Juice	1. Place Couscous and sultanas in a large bowl and pour over stock. Set aside for 5 minutes until all the liquid is absorbed – mix with a fork to separate the grains. 2. Stir in tomatoes, spring onions, lemon juice and herbs. 3. Serve chilled.

- Couscous is a good alternative to rice and pasta
- Serve hot with roasted vegetables for a tasty nutritious meal
- Great for a packed lunch, add additional vegetables, cooked chicken, smoked mackerel etc.
- Experiment with additional ingredients e.g., sliced mushrooms, chopped apricots, peaches, pine or cashew nuts etc.

A 234.25g serving contains:



of an adult's reference intake

Typical values per 100g: 313kJ/74kcal



Fruity Porridge

Ingredients (serves 4)	Method
50g Apricots (chopped) 1 Eating Apple (peeled, cored and chopped) 2 Teasp Sugar (optional) 500ml Water 75g Porridge Oats	1. Mix together apricots, apple and sugar. 2. Pour the water into a saucepan and sprinkle on the oats. 3. Bring to the boil, stirring continuously for 1 minute. 4. Add the fruit mixture and simmer, stirring for about 3 minutes or until the porridge is thick. 5. Serve hot.

- Porridge on its own makes an excellent breakfast or filling snack
- For variety add or top with some fresh seasonal, frozen or dried fruit
- Try serving with natural yoghurt for a change
- Porridge can be easily cooked in the microwave – take care to stop the cooking process frequently to stir
- Semi-skimmed milk can be used instead of water



Golden Potato Cakes with Side Salad

Ingredients (serves 4)	Method
<p>4 Potatoes (boiled and mashed)</p> <p>4 Tablsp Flour</p> <p>Pinch of Black Pepper</p> <p>1 Egg (beaten)</p> <p>2 Slices of Wholemeal Bread (made into breadcrumbs)</p> <p>1 Teasp Sunflower Oil</p> <p>½ Lettuce (washed and shredded)</p> <p>2 Tomatoes (washed and sliced)</p> <p>½ Cucumber (washed and sliced)</p>	<p>Pre-heat oven to 200C / 400F / Gas Mark 6</p> <ol style="list-style-type: none"> 1. Divide the mashed potatoes into 4 equal portions. 2. Flour your hands and shape each portion into a cake. If the potatoes are moist, you will need to add a bit more flour into them to help bind the cakes. 3. Season flour with black pepper, and use to coat the cakes lightly. 4. Dip cakes into the beaten egg, followed by the breadcrumbs. 5. Place oil on baking tray. 6. Place potato cakes on to the oiled baking tray. 7. Bake for 20 minutes until the outside of the cake is golden and the potato is hot in the middle. 8. Serve with prepared side salad.

- This is a good way to use up leftover mashed potatoes
- You can vary the recipe by adding cooked mushrooms, onions or leeks



Jacket Potatoes

Ingredients (serves 4)	Method
4 Large Baking Potatoes (scrubbed)	<p>Pre-heat oven to 200C / 400F / Gas Mark 6</p> <ol style="list-style-type: none"> 1. With a sharp knife cut a shallow cross on the large side of the potato. 2. Place in oven to bake for approximately 1 hour. <p>OR</p> <ol style="list-style-type: none"> 1. Place in microwave for approximately 10 minutes

- Serve with fillings and salad



Spicy Potato Wedges

Ingredients (serves 4)	Method
<p>4 Large Baking Potatoes (scrubbed)</p> <p>2 Tablsp Cajun Spice</p> <p>1 Tablsp Olive or Sunflower Oil</p>	<p>Pre-heat oven to 200C / 400F / Gas Mark 6</p> <ol style="list-style-type: none"> 1. Cut each potato into 8 wedges. 2. Put the potato wedges in an oiled roasting tin, sprinkle over cajun spice, till wedges are coated. 3. Cook in the top of the oven – they must be in single layers, use two tins if necessary – for 30 minutes, test for readiness, if still hard, turn and return to oven checking every 5 minutes until soft in the middle and crisp on the outside.

- This is a good alternative to chips; roast in the oil without the Cajun spice
- Serve as an accompaniment to grilled meats



Vegetable and Nut Platter to Share

Ingredients (serves 4)	Method
<p>Dip</p> <p>125g Cream Cheese</p> <p>2 Dessertsp Low Fat Natural Yogurt</p> <p>2 Cloves of Garlic (peeled and chopped)</p> <p>1 Tablsp Fresh Coriander, Parsley or Chives</p> <p>For the Vegetable Crudities</p> <p>12 Cherry Tomatoes (washed)</p> <p>1 Small Cucumber/green pepper (washed and cut into strips)</p> <p>1 Yellow Pepper (washed and cut into strips)</p> <p>2 Carrots (peeled and sliced into sticks)</p> <p>2 Celery Sticks (washed and cut into strips)</p> <p>85g Unsalted or Mixed Nuts</p>	<ol style="list-style-type: none"> 1. Mix together dip ingredients. Place in a small serving bowl. 2. Arrange vegetables on a plate and serve with dip and nuts.

- A great healthy choice for a party
- The colours will appeal to children and often they prefer raw vegetables
- Experiment with alternative vegetables e.g. spring onions, radishes, mangetout, babycorn, mushrooms etc.
- Try including seasonal fruit e.g. strawberries, sliced apple etc.



Chive and Mackerel Pate with Oatcakes and Side Salad

Ingredients (serves 4)	Method
<p>160g Smoked Mackerel Fillets (skinned and chopped)</p> <p>1 Tablsp Fresh Chives (chopped)</p> <p>1-2 Teasp Lemon Juice</p> <p>4 Tablsp Low Fat Natural Yogurt</p> <p>Pinch of Black Pepper</p> <p>½ Lettuce (washed and shredded)</p> <p>2 Tomatoes (washed and sliced)</p> <p>½ Cucumber (washed and sliced)</p> <p>8 Oatcakes</p>	<ol style="list-style-type: none"> 1. In a large bowl mix together mackerel, chives, lemon juice and yogurt until blended. 2. Season with black pepper. 3. Serve with prepared side salad and oatcakes.

- This is a good recipe for encouraging the consumption of oily fish
- Try adding some sliced spring onion to add a bit of crunch



Salad Nicoise

Ingredients (serves 4)	Method
<p>½ Lettuce (washed)</p> <p>1 x 160g Tin of Tuna in Brine (drained)</p> <p>1 Green Pepper (de-seeded and chopped)</p> <p>1 Onion (peeled and sliced)</p> <p>2 Tomatoes (washed and cut into quarters)</p> <p>2 Eggs (hard boiled, peeled and cut into quarters)</p> <p>75g Green Beans (cooked)</p> <p>4 Tablsp French Dressing or (1 Tablsp vinegar, 3 Tablsp olive oil, ½ Teasp mustard mixed together)</p> <p>Pinch of Black Pepper</p>	<ol style="list-style-type: none"> 1. Arrange the lettuce on a serving plate or individual bowls. 2. Combine all the ingredients together. 3. Spoon on to the lettuce leaves and serve.

- For a more filling meal serve with crusty bread



Smoked Fish Baguettes

Ingredients (serves 6)	Method
<p>2 Small Part Baked Baguettes</p> <p>1 Dessertsp Sunflower Margarine</p> <p>1-2 Teasp Fresh Chives (chopped)</p> <p>2 Fillets (280g) of Smoked Cod or Haddock (skinned and sliced)</p> <p>Pinch of Black Pepper</p> <p>2 Tablsp Cheddar Cheese (grated)</p> <p>½ Iceberg Lettuce (washed and shredded)</p> <p>16 Cherry Tomatoes (washed and halved)</p> <p>½ Cucumber (washed and chopped)</p>	<p>Pre-heat oven to 190C / 375F / Gas Mark 5</p> <ol style="list-style-type: none"> 1. Cut the baguettes in half lengthways. 2. Cream together the margarine and chives spread over the baguette halves. 3. Arrange the sliced fish along the baguette halves and season with pepper. 4. Sprinkle with cheese. 5. Bake for 7–8 minutes or until the baguettes are golden brown. 6. Serve with prepared side salad.

- A good alternative to sandwiches for a light lunch or supper
- A great way to encourage members of the family who are not so keen on fish



Tuna and Sweetcorn Pasta

Ingredients (serves 4)	Method
200g Dried Pasta (cooked) 2 Spring Onions (peeled and chopped) 1 Red Pepper (de-seeded and chopped) 1 Tablsp Lemon Juice 4 Tablsp Low Fat Mayonnaise 2 x 160g Tins of Tuna in Brine (drained) 1 x 198g Tin of Sweetcorn (drained) or frozen Pinch of Black Pepper	1. Combine all ingredients 2. Season to taste with black pepper. 3. Serve cold.

- Serve accompanied by green salad
- Fresh basil could be added for flavour
- Additional chopped vegetables or fruit could be added e.g. cherry tomatoes , peaches etc.

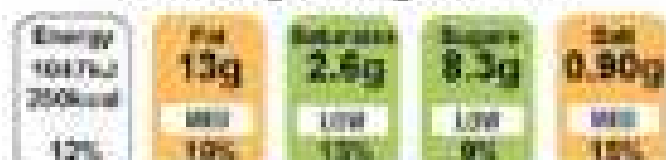


Coronation Chicken

Ingredients (serves 4)	Method
<p>1 x 150g Pot of Low Fat Natural Yogurt</p> <p>4 Tablsp Low Fat Mayonnaise</p> <p>1-2 Tablsp Mild Curry Powder</p> <p>1 Teasp Runny Honey</p> <p>1 x 240g Cooked Chicken (chopped)</p> <p>1 Celery Stick (washed and sliced)</p> <p>12 Seedless Grapes (halved)</p> <p>1 Eating Apple (cored and chopped)</p>	<p>1. Mix together yogurt, mayonnaise, curry powder and honey.</p> <p>2. Combine with other ingredients and season to taste.</p>

- Suitable sandwich or baked potato filling
- Great served with Couscous for a packed lunch or picnic
- Additional fruit and vegetables may be added e.g. dried or fresh apricots, peaches, peppers, spring onions etc.
- Try adding some fresh herbs e.g. coriander or parsley
- Try replacing the honey and curry powder with mango chutney

A 173.75g serving contains:



of an adult's reference intake

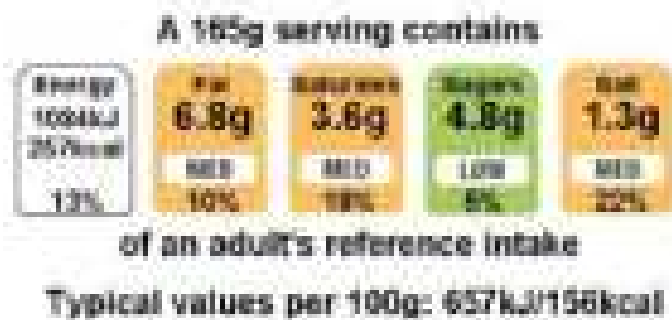
Typical values per 100g: 603kJ/144kcal



Pitta Bread Pizzas

Ingredients (serves 2)	Method
<p>2 Pitta Breads</p> <p>1 Tomato (washed and chopped)</p> <p>½ Onion (peeled and chopped)</p> <p>1 Slice of Ham (chopped)</p> <p>1 Teasp Mixed Herbs</p> <p>30g Mature Cheddar (grated)</p>	<ol style="list-style-type: none"> 1. Pre-heat grill. 2. Top pitta bread with tomato. 3. Add onion and ham. 4. Sprinkle with herbs and grated cheese. 5. Grill until cheese is melted. 6. Serve.

- Serve with salad
- Experiment with different toppings e.g. sweetcorn, pineapple, peppers, pepperoni etc.
- Get the children involved, they'll love choosing their toppings and building their own pizza



Quick Pizza

Ingredients (serves 4)	Method
50g Sunflower Margarine 200g Self Raising Flour ¼ Teasp Mixed Herbs (optional) 4 Tablsp Water 4 Tablsp Semi Skimmed Milk 1 x 400g Tin of Chopped Tomatoes or Passata 160g Cooked Chicken (cut into pieces) 1 x 198g Tin of Sweetcorn (drained) or frozen 50g Mature Cheddar (grated)	Pre-heat oven to 220C /425F / Mark 7 1. Rub the margarine into the flour and herbs. 2. Add the water and milk to form a dough. 3. Roll the dough out to form a circle and place on a baking tray. 4. Spread the chopped tomatoes on top of the dough. 5. Top with chicken and sweetcorn. 6. Sprinkle on grated cheese. 7. Bake for 25-30 minutes.

- Serve with salad
- Experiment with different toppings e.g. tuna, peppers, mushrooms, onions etc.



Banana Milkshake

Ingredients (serves 1)	Method
<p>1 Small Banana</p> <p>175ml Semi Skimmed Milk (chilled)</p>	<ol style="list-style-type: none"> 1. Peel and slice the banana. 2. Blend banana with milk until smooth. 3. Serve chilled.



Fruit Smoothie

Ingredients (serves 2)	Method
<p>1 Small Banana</p> <p>½ Cup of Berries e.g. Raspberries or Strawberries</p> <p>175ml Semi Skimmed Milk (chilled)</p> <p>100ml Fruit Juice</p>	<ol style="list-style-type: none"> 1. Peel and slice the banana. 2. Place all ingredients in a blender, liquidiser or smoothie maker. 3. Blend till smooth, serve immediately.

- Experiment with a combination of fruit to your taste
- Recommended to include bananas as this prevents the mixture from splitting or having a curdling appearance
- Natural yoghurt may be added for a creamier effect
- Avoid adding ice cream as this will be adding extra calories
- Smoothies are not recommended as a snack and should be consumed as part of a meal – see oral health section
- Smoothies count as only one of your 5 portions of fruit and vegetables regardless of the quantity of fruit you include, this is due to the blending process removing a lot of the fibre



Lemonade

Ingredients (serves 1)	Method
1-2 Teasp Lemon Juice 150ml Sparkling Mineral Water Slice of Lemon	1. Stir the lemon juice into the mineral water and a slice of lemon. 2. Serve chilled.



6. Microwave

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Microwave Cookery

A microwave is a useful kitchen tool, great for re-heating and cooking ready-made meals in minutes. Microwaved food can be healthier as little or no water or fat is used in this method of cookery. Foods are cooked quickly enabling foods to retain more vitamins, and fat content can be reduced or eliminated. To maintain maximum nutritional content of vegetables, cook in very little water for a short period of time, this method is as good as or better than steaming.

Containers should be non-porous, free from metal, must not warp or melt and allow the microwave energy to be transmitted to the food. Round or oval containers are generally more suitable as corners tend to overheat and the food dries out before it is evenly cooked. Coverings such as cling film can be used where there is a need to retain moisture.

Food should be stirred intermittently to assist even cooking and heating. Some foods may require a resting time at the end of the cooking process to complete cooking. Foods, which have a skin or membrane, should be pricked to allow the build up of steam to escape; if this is not done then the food may burst or explode. Examples of such foods include eggs, potatoes in their skins, tomatoes, apples, kidney and liver.

For further advice always refer to manufacturer's handbook. Familiarise yourself with the wattage of your microwave as cooking times will vary according to the power of your oven.



All in One White Sauce

Ingredients (serves 4)	Method
300ml Semi Skimmed Milk 2 Tablsp Plain Flour 1 Tablsp Sunflower Margarine Pinch of Black Pepper	<ol style="list-style-type: none"> 1. Place all ingredients in a microwavable jug or bowl. 2. Heat on HIGH one minute at a time, removing from microwave and whisking in between. 3. Continue heating and whisking till sauce has thickened. 4. Season with black pepper to taste and serve.

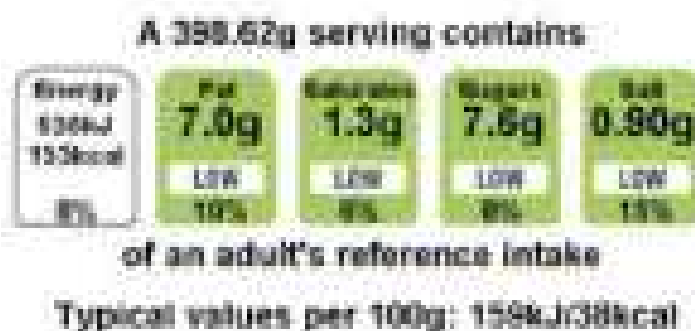
- For traditional method of cooking a white sauce and variations of flavouring see section on 'Soups and Sauces'
- Try seasoning with lemon juice
- Flavour with cheese and add to cooked pasta
- Timings may vary according to wattage of microwave



Curried Parsnip Soup

Ingredients (serves 4)	Method
<p>1 Tabbsp Sunflower Margarine</p> <p>1 Onion (peeled and chopped)</p> <p>5 Parsnips (peeled and sliced thinly)</p> <p>2 Teasp Curry Powder</p> <p>1 Litre of Boiling Water with 1 Vegetable Stock Cube</p> <p>Pinch of Black Pepper</p> <p>Chives to Garnish (optional)</p>	<ol style="list-style-type: none"> 1. Place the margarine in a large bowl and microwave on HIGH for 30 seconds. 2. Add the onion and parsnips, cover and cook on HIGH for 3 minutes. 3. Stir in the curry powder and cook on HIGH for 2 minutes. 4. Pour in the stock, then cover and cook on HIGH for 15 minutes or until the parsnips are soft. 5. Blend or mash soup using a hand blender or potato masher. 6. Season with black pepper to taste and garnish with chives and serve.

- Substitute the parsnips for carrots or butternut squash for an alternative soup
- Timings may vary according to wattage of microwave



Garden Pea Soup

Ingredients (serves 4)	Method
<p>1 Tablsp Sunflower Margarine</p> <p>1 Onion (peeled and chopped)</p> <p>450g Frozen Peas</p> <p>1 Litre Boiling Water with 1 Vegetable Stock Cube</p> <p>Pinch of Black Pepper</p> <p>1 Tablsp Half Fat Crème Fraiche</p> <p>Parsley to Garnish (optional)</p>	<ol style="list-style-type: none"> 1. Place the margarine in a large bowl and microwave on HIGH for 30 seconds. 2. Add the onion and cook on HIGH for 3 minutes. 3. Stir in the peas and stock and cook on HIGH for 10 minutes. 4. Put the soup into a blender, food processor or mash until smooth. 5. Season with black pepper to taste and garnish with crème fraiche and parsley, serve immediately.

- Timings may vary according to wattage of microwave



Smoked Haddock Chowder

Ingredients (serves 4)	Method
<p>2 Potatoes (peeled and finely diced)</p> <p>1 Leek (washed and sliced)</p> <p>1 Large Fillet of Smoked Haddock (Skinned)</p> <p>1 Bay Leaf</p> <p>350ml Boiling Water with 1 Vegetable Stock Cube</p> <p>125ml Semi Skimmed Milk</p> <p>1 Tablsp Lemon Juice</p> <p>Pinch of Black Pepper</p> <p>Chopped Parsley to garnish</p>	<ol style="list-style-type: none"> 1. Place potatoes and leek in a large microwavable bowl, cover and cook on HIGH for 5 minutes till potatoes are soft 2. Add fish, bay leaf and stock, continue to cook on HIGH for 4 minutes 3. Add milk and lemon juice and heat through on HIGH for approx 2 minutes 4. Season with black pepper to taste, garnish with parsley.

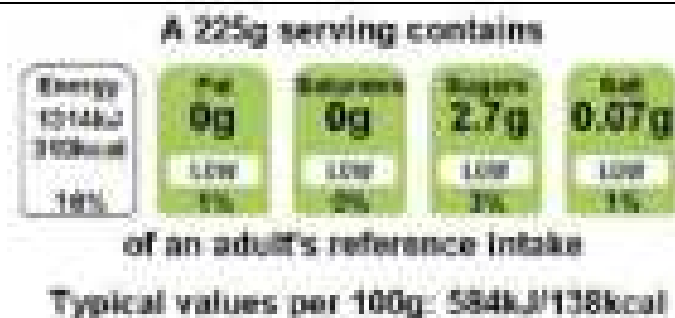
- Serve accompanied by oatcakes or crusty bread
- Timings may vary according to wattage of microwave



Jacket Potatoes

Ingredients (serves 4)	Method
4 Large Baking Potatoes (scrubbed)	<ol style="list-style-type: none"> 1. With a sharp knife cut a shallow cross on the large side of the potato. 2. Wrap in kitchen paper. 3. Place in microwave on HIGH for approximately 10 minutes; test for readiness if too hard put back in the oven for a further 3 minutes at a time.

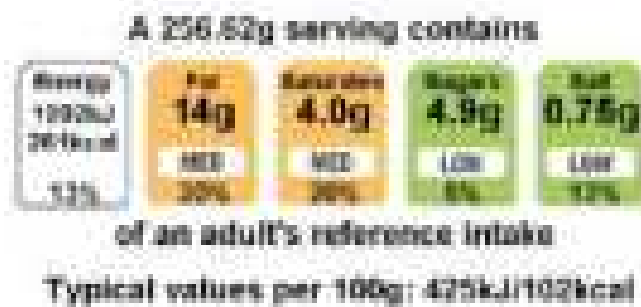
- Timings may vary according to wattage of microwave
- Serve with fillings and salad, experiments with hot and cold fillings



Scrambled Eggs

Ingredients (serves 4)	Method
<p>8 Eggs (beaten)</p> <p>4 Tablsp Semi Skimmed Milk</p> <p>1 Tablsp Sunflower Margarine</p> <p>Pinch of Black Pepper</p> <p>4 Tomatoes (washed and halved)</p> <p>4 Slices of Wholemeal Bread (toasted)</p>	<ol style="list-style-type: none"> 1. Place eggs, milk, margarine and black pepper in a microwavable jug or bowl. 2. Heat on HIGH one minute at a time, removing from microwave to stir in between. 3. Cook until eggs begin to thicken and set. 4. Serve immediately with tomatoes and toast.

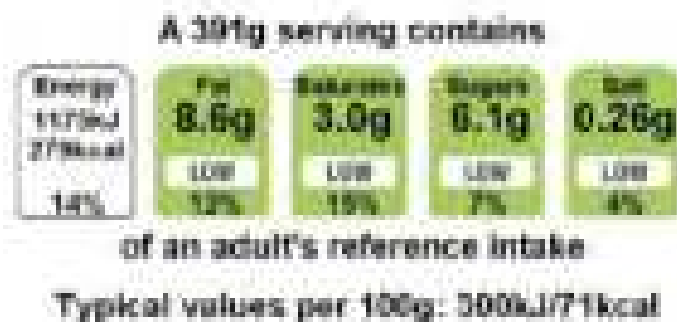
- Timings may vary according to wattage of microwave



Tomato and Potato Bake

Ingredients (serves 4)	Method
<p>4 Large Potatoes (peeled and sliced thinly)</p> <p>4 Tablsp Water</p> <p>1 Onion (peeled and sliced)</p> <p>1 Tablsp Sunflower Margarine</p> <p>1 x 400g Tin of Chopped Tomatoes or Passata</p> <p>3 Tablsp Half Fat Crème Fraiche</p> <p>3 Basil Leaves (torn) optional</p> <p>Pinch of Black Pepper</p>	<ol style="list-style-type: none"> 1. Place the potatoes in a large shallow dish with water. Place another fitting dish on top and put the onion and margarine into it. 2. Place the 2 dishes in the microwave and cook on HIGH for 6 minutes, stirring the onion twice during cooking. 3. Arrange half of the potatoes in a serving dish. Cover with half the tomatoes, then two-thirds of the onion. 4. Spoon over half of the crème fraiche and basil, then season with black pepper. 5. Repeat the potato and tomato layers pile the remaining onion in the centre and spoon the remaining crème fraiche over the tomatoes. 6. Season with the remaining basil, and black pepper, then cook on HIGH for 10 minutes and serve.

- Timings may vary according to wattage of microwave
- Serve as an accompaniment to fish, roast meats or roast vegetables



Spanish Fish Parcels

Ingredients (serves 4)	Method
<p>640g Coley, Cod or Haddock Fillet (cut into 4 pieces)</p> <p>1 Dessertsp Olive Oil</p> <p>1 Red and 1 Green Pepper (de-seeded and chopped)</p> <p>4 Spring Onions (chopped)</p> <p>2 Tomatoes (chopped)</p> <p>2 Celery Sticks (washed and chopped)</p> <p>1 Clove of Garlic (peeled and chopped)</p> <p>Pinch of Black Pepper</p> <p>Parsley to Garnish (optional)</p> <p>16 Baby Potatoes (washed and boiled)</p>	<ol style="list-style-type: none"> 1. Place each piece of fish on a large piece of greaseproof paper. 2. Mix the olive oil, peppers, spring onions, tomatoes, celery, garlic and black pepper together in a bowl, cover and cook on HIGH for 3 minutes. 3. Divide the mixture between the fish. 4. Wrap each piece of fish in its paper to make a parcel. 5. Place in a dish and cook on HIGH for 7 minutes. 6. Unwrap each parcel and carefully lift the fish onto a warmed serving plate. 7. Spoon the vegetables on top, garnish with parsley. 8. Serve with boiled potatoes.

- Timings may vary according to wattage of microwave
- Experiment with different fish e.g. smoked haddock (640g) or salmon (240g)
- The peppers could be replaced with sliced mushrooms



Thai Style Salmon with Aromatic Rice

Ingredients (serves 4)	Method
<p>Marinade</p> <p>Juice and Zest of 1 Lime</p> <p>1 Tablsp Olive Oil</p> <p>2 Teasp Root Ginger (peeled and chopped)</p> <p>Black Pepper</p> <p>4 x 90g Salmon Steaks or Fillets</p> <p>Rice</p> <p>4 Mushrooms (washed and sliced)</p> <p>6 Spring Onion (2 chopped)</p> <p>1 Tablsp. Fresh Basil (chopped)</p> <p>1 Tablsp Fresh Coriander (chopped)</p> <p>200g Long Grain Rice (boiled)</p>	<ol style="list-style-type: none"> 1. Combine the marinade ingredients and add salmon for at least 10 minutes. 2. Soften the mushrooms and onions by placing in a microwavable dish and cooking on HIGH power for 2 minutes. 3. Cook salmon in microwave on HIGH for 3-4 minutes. 4. Add mushrooms, onions, and herbs to boiled rice. 5. Serve salmon on a bed of savoury rice, garnished with remaining spring onions.

- Timings may vary according to wattage of microwave
- For a cheaper alternative try cod 4 x 160g, haddock 4 x 160g or mackerel fillets 4 x 40g



Chicken Korma

Ingredients (serves 4)	Method
<p>4 x 80g Chicken Breasts (cut into small pieces)</p> <p>1 x 150g Pot of Low Fat Natural Yogurt</p> <p>2 Cloves of Garlic (peeled and chopped)</p> <p>1 Tablsp Tomato Puree</p> <p>2 Teasp Curry Powder</p> <p>1 Onion (peeled and sliced)</p> <p>1 Tablsp Unsalted Cashew Nuts or Almonds</p> <p>200g Long Grain Rice (boiled)</p> <p>200g Spinach (washed)</p>	<ol style="list-style-type: none"> 1. Place the chicken pieces in a dish. Mix together the yoghurt, garlic, tomato puree and curry powder and pour over the chicken. Cover and leave to marinate overnight in the refrigerator or at least a couple of hours. 2. Place onion in a large casserole and microwave on HIGH for 3 minutes. 3. Add the chicken with its marinade and cover and microwave on HIGH for 7 minutes. 4. Stir and re-arrange the chicken pieces, then microwave on MEDIUM for 3 minutes 5. Leave to stand for 5 minutes. Sprinkle with the nuts. 6. Serve with rice and spinach.

- Timings may vary according to wattage of microwave



Honey Breast of Chicken on Rice

Ingredients (serves 4)	Method
<p>1 Onion (peeled and chopped)</p> <p>4 Lean Rashers of Bacon (trimmed of fat and chopped)</p> <p>200g Long Grain Rice</p> <p>300ml Boiling Water with 1 Chicken Stock Cube</p> <p>Pinch of Black Pepper</p> <p>4 x 80g Chicken Breasts</p> <p>1 Orange (finely grated rind and juice)</p> <p>2 Tablsp Dark Clear Honey</p> <p>1 Teasp Paprika</p> <p>1 x 215g Packet of Sugarsnap Peas (cooked)</p>	<ol style="list-style-type: none"> 1. Place onion, bacon, rice, stock and pepper in a deep dish, heat uncovered, on HIGH for 1 minute. 2. Arrange the chicken on top of the rice. 3. Mix together the orange rind, juice, honey and paprika. 4. Spoon half over the chicken. Cover with cling film and slit it twice to allow steam to escape. 5. Cook on HIGH for 9 minutes. 6. Baste the chicken with the remaining honey mixture. Cook uncovered on HIGH for 5 minutes. 7. Allow the mixture to stand for 3 minutes. 8. Serve with cooked sugarsnap peas.

- Timings may vary according to wattage of microwave
- Alternatively serve with seasonal vegetables or salad



Spiced Rice Chicken

Ingredients (serves 4)	Method
<p>1 Dessertsp Sunflower Oil</p> <p>4 x 80g Chicken Breasts (cut into pieces)</p> <p>1 Onion (peeled and chopped)</p> <p>1 Clove of Garlic (peeled and chopped)</p> <p>2 Teasp Curry Powder</p> <p>150ml Pure Orange Juice</p> <p>450ml Boiling Water with 1 Chicken Stock Cube</p> <p>200g Long Grain Rice</p> <p>Pinch of Black Pepper</p> <p>50g Sultanas</p> <p>Coriander Leaves to Garnish (optional)</p> <p>200g Fresh Spinach (washed)</p>	<ol style="list-style-type: none"> 1. Place the oil in a large bowl and microwave on HIGH for 1 minute. 2. Add the chicken to the bowl with the onion and garlic. Cover and cook on HIGH for 5 minutes. 3. Stir in the curry powder, orange juice, stock and rice, season with black pepper, then cover and cook on HIGH for 15 minutes. 4. Add the sultanas, then leave to stand for 5 minutes. 5. Garnish with coriander. 6. Serve on a bed of spinach.

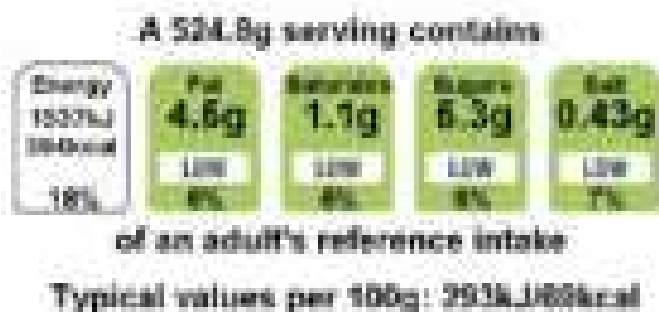
- Timings may vary according to wattage of microwave
- Alternative serving suggestion – seasonal vegetables or salad



Turkey Loaf

Ingredients (serves 4)	Method
<p>450g Minced Turkey</p> <p>1 Clove of Garlic (crushed)</p> <p>1 Egg (beaten)</p> <p>1 Slice of Wholemeal Bread (made into breadcrumbs)</p> <p>2 Teasp Coriander Leaves (chopped)</p> <p>Pinch of Black Pepper</p> <p>4 Large Potatoes (baked)</p> <p>½ Lettuce (washed and shredded)</p> <p>16 Cherry Tomatoes (washed and halved)</p> <p>½ Cucumber (washed and chopped)</p>	<ol style="list-style-type: none"> 1. Mix together turkey, garlic, egg, breadcrumbs, coriander and black pepper. 2. With damp hands, shape into a 15cm loaf. 3. Transfer into a deep dish, cover with clingfilm and slit it twice to allow steam to escape. 4. Cook on full for 9 minutes. 5. Allow the mixture to stand for a few minutes. 6. Serve with jacket potatoes and prepared salad.

- Timings may vary according to wattage of microwave



Sweet and Sour Pork

Ingredients (serves 4)	Method
<p>1 Small Tin of Pineapple Slices in Juice</p> <p>2 Tablesp Soy Sauce</p> <p>3 Tablesp Tomato Puree</p> <p>3 Tablsp Vinegar</p> <p>2 Tablsp Light Soft Brown Sugar</p> <p>320g Pork Fillet (cut into thin slices)</p> <p>1 ½ Teasp Cornflour</p> <p>125ml Water</p> <p>Pinch of Black Pepper</p> <p>200g Egg Noodles (boiled)</p> <p>1 Packet of Baby Corn (cooked)</p> <p>1 Packet of Sugar Snap Peas (cooked)</p>	<ol style="list-style-type: none"> 1. Drain the pineapple, reserving the juice, and cut the slices into quarters. Set aside. 2. Place the soy sauce, tomato puree, vinegar and sugar in a large bowl. Add half the pineapple juice and mix well. 3. Add the pork, toss well to coat in the marinade, cover and chill for 2 hours. 4. Cover the bowl and cook on HIGH for 5 minutes. Add the pineapple. 5. Blend the cornflour with the remaining pineapple juice and water, stir into the pork, and season with black pepper. Cover and cook on HIGH for 7 minutes. If sauce is too thick add some water. 6. Serve with egg noodles, baby corn and sugar snap peas.

- Timings may vary according to wattage of microwave



Apple and Raspberry Charlotte

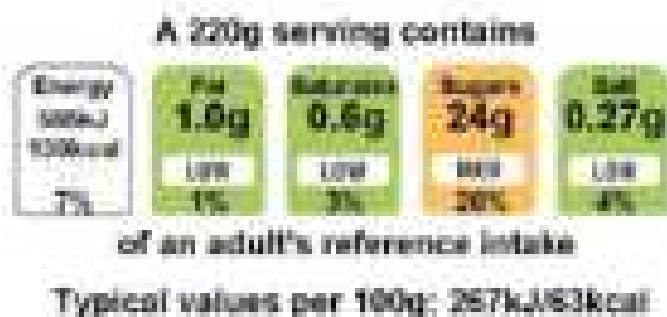
Ingredients (serves 6)	Method
<p>4 Cooking Apples (peeled, cored and chopped)</p> <p>3 Tablsp Water</p> <p>1 Tablsp Sugar</p> <p>175g Raspberries (thawed if frozen)</p> <p>1 Tablsp Sunflower Margarine</p> <p>5 Slices of Wholemeal Bread (made into breadcrumbs)</p> <p>35g Light Soft Brown Sugar</p> <p>1 x 200g Carton of Half Fat Crème Fraiche</p> <p>10g Walnuts (chopped) optional</p>	<ol style="list-style-type: none"> 1. Place the apples in a bowl with the water, cover and cook on HIGH for 5 minutes, stirring halfway through cooking. 2. Add the sugar and mash with a fork. Leave to cool, and then stir in the raspberries. 3. Place the margarine in a large flat dish and microwave on HIGH for 30 seconds. Stir in the breadcrumbs and brown sugar, spreading out evenly. Cook on HIGH for 12 minutes, stirring 2 or 3 times during cooking. Leave to cool, when the crumb will become crisp. 4. Spread one third of the crumbs onto the base of a glass bowl. Cover with half of the fruit. Sprinkle with half the remaining crumbs, then the remaining fruit. Finish with a layer of crumbs. 5. Serve with Crème Fraiche and a sprinkle of walnuts.



Apples in Summer Fruit Syrup with Yogurt

Ingredients (serves 4)	Method
<p>2 Eating Apples (peeled, cored and quartered)</p> <p>250g Frozen Summer Fruits</p> <p>2 Tablsp Honey</p> <p>1 x 500g Pot of Low Fat Natural Yogurt</p>	<ol style="list-style-type: none"> 1. Combine apples in a large bowl with summer fruits. 2. Cover and cook on high for 3 minutes. 3. Stir in honey, cover and cook on high for a further 3 minutes or until apples are tender. 4. Cool, cover and refrigerate for about 2 hours. 5. Serve with yogurt.

- Timings may vary according to wattage of microwave
- Left over dessert will make a tasty topping for porridge or breakfast cereal



Banana and Chocolate Chip Cake

Ingredients (serves 8)	Method
125g Sunflower Margarine	1. Place the margarine and sugar in a bowl and beat together until light and creamy.
125g Light Soft Brown Sugar	2. Beat in the eggs one at a time, followed by the banana.
2 Eggs (beaten)	3. Fold in the flour, baking powder and the chocolate drops.
2 Bananas (peeled and mashed)	4. Grease a 1.75 litre microwaveable bowl with sunflower oil.
250g Self Raising Flour (sifted)	5. Spoon the mixture into dish and cook on HIGH for 7 minutes.
1 Teasp Baking Powder	6. Leave to stand for 3 minutes, then turn out and cool on a wire rack.
50g Chocolate Drops	
¼ Teasp Sunflower Oil	

- Timings may vary according to wattage of microwave



Date Flapjacks

Ingredients (serves 12 wedges)	Method
<p>250g Dates (stoned and chopped)</p> <p>3 Tablesp Water</p> <p>75g Sunflower Margarine</p> <p>1 Dessertsp Golden Syrup</p> <p>2 Tablsp Demerara Sugar</p> <p>125g Porridge Oats</p> <p>125g Wholemeal Flour</p>	<ol style="list-style-type: none"> 1. Place the dates and water in a bowl, cover and cook on HIGH for 3 minutes. 2. Mash the soft dates with a fork, adding a little more water if they are too dry to make a spreading consistency. 3. Place the margarine, syrup and sugar in another bowl and microwave on HIGH for 2 minutes, until the margarine has melted. 4. Mix in the oats and flour. 5. Spread one half of the oat mixture over the base of an 18cm flan dish, and then cover with the dates, spreading evenly. 6. Spoon the remaining oat mixture on top and press down well. Cook on HIGH for 5 minutes. 7. Cut into wedges, while still slightly warm. 8. Leave until cold, and then remove flapjacks from the dish.

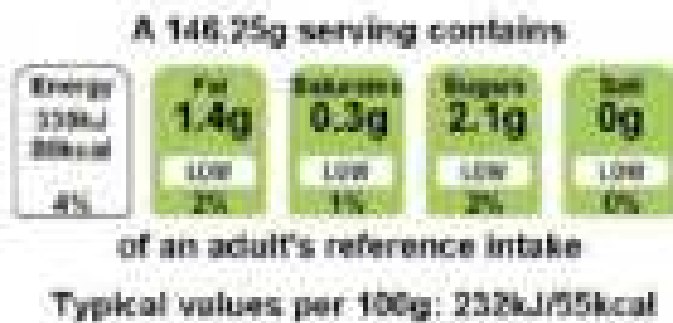
- Timings may vary according to wattage of microwave



Porridge

Ingredients (serves 4)	Method
<p>2 Teasp Honey (optional)</p> <p>500ml Water</p> <p>75g Porridge Oats</p>	<ol style="list-style-type: none"> 1. Combine ingredients and heat on HIGH for one minute at a time. 2. Stir and repeat heating till mixture thickens. 3. Serve hot.

- Timings may vary according to wattage of microwave
- Porridge on its own makes an excellent breakfast or filling snack
- For variety add or top with some fresh seasonal, frozen or dried fruit
- Serve with semi-skimmed milk or low fat yoghurt



Raspberry Sponge

Ingredients (serves 6)	Method
<p>¼ Teasp Sunflower Oil</p> <p>1 Teasp Honey</p> <p>125g Raspberries (fresh or frozen)</p> <p>125g Caster Sugar</p> <p>125g Sunflower Margarine</p> <p>2 Eggs (beaten)</p> <p>125g Self Raising Flour (sieved)</p> <p>1 Tablesp Warm Water</p> <p>1 x 500g Pot of Low Fat Natural Yogurt</p>	<ol style="list-style-type: none"> 1. Grease a 600ml basin with the oil. 2. Pour the honey into the base of the bowl. 3. Lay the raspberries on top. 4. Cream the sugar and margarine until light and fluffy, slowly add the beaten eggs. 5. Gradually fold the flour into the mixture, adding warm water to make a dropping consistency. 6. Place the sponge mixture into the bowl on top of the raspberries. 7. Cover with a piece of cling film and cook in the microwave for 5 minutes then leave to stand for 2 minutes before serving. 8. Serve with natural yogurt.

- Timings may vary according to wattage of microwave
- Experiment with different seasonal fruits
- Try adding some cinnamon or mixed spice to the sponge mixture for variety



7. Vegetarian Meals

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Vegetable Main Meals

Vegetarian meals add variety to the diet; can be a tasty alternative to meat based dishes. Vegetables can be made into a range of exciting dishes. If your diet is exclusively vegetarian, ensure you are consuming enough meat alternatives in order to balance your daily diet as per the eatwell guide. Protein is an essential part of your diet for growth and repair of body tissue.

Preparing and Cooking Vegetables

- Prepare vegetables as close to time of cooking as possible to maintain nutritional content
- If possible leave skins on and wash well as many of the nutrients are found right under the skin
- Cut vegetables as chunky as possible as this reduces the surface area for nutrient loss
- Avoid vegetables sitting in water, the vitamins drain out
- Use quick cooking methods to retain nutrient content
- Microwaving retains more of the nutrients especially Vitamin C as the vegetables are cooked in less water
- Use the water from cooking vegetables to make gravy or stock for soup
- Vegetable curries or pasta dishes are a good way of encouraging children to eat more vegetables

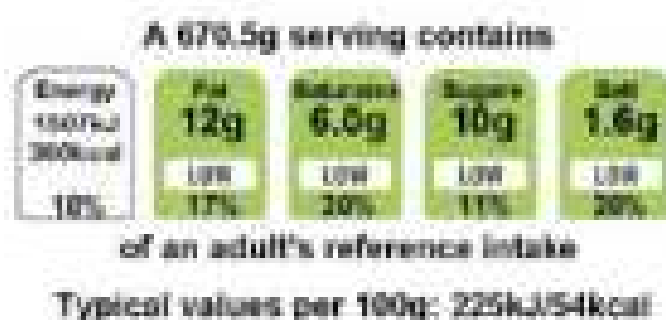
Pasta and Rice

1. Boil a large pan of water.
2. Add the pasta / rice to the boiling water. Allow about 50g of pasta or rice per person. Continue boiling.
3. Cook until soft - this will take approximately 10 minutes for white pasta / rice. Brown / whole-wheat varieties take at least another 5 minutes.
4. Drain, using a colander or sieve.



Broccoli, Cauliflower and Cheese Bake

Ingredients (serves 4)	Method
<p>1 Cauliflower (broken into florets)</p> <p>1 Head of Broccoli (cut into florets)</p> <p>300ml Boiling Water</p> <p>1 Onion (peeled and sliced)</p> <p>1 Vegetable Stock Cube</p> <p>4 Slices of Wholemeal Bread (made into breadcrumbs)</p> <p>100g Vegetarian or Mature Cheddar (grated)</p> <p>2 Cloves of Garlic (peeled and chopped)</p> <p>½ Lettuce (washed and shredded)</p> <p>16 Cherry Tomatoes (washed and halved)</p> <p>½ Cucumber (washed and halved)</p> <p>2 Baking Potatoes (washed, baked and halved)</p>	<p>Pre-heat oven to 200C / 400F / Gas Mark 6</p> <ol style="list-style-type: none"> 1. Cook cauliflower and broccoli in water until tender, about 5 minutes. 2. Add the onion and garlic to the vegetable mix and continue to cook for a further 2 minutes. 3. Drain water from vegetables, reserving the liquid in a jug. 4. Place vegetables in an ovenproof dish. 5. Mix stock cubes with 300ml of the reserved vegetable liquid, pour over the vegetables. 6. Mix breadcrumbs and cheese together. Sprinkle over the vegetables. 7. Bake in the oven for 10 minutes until cheese topping has browned. 8. Serve with prepared salad and baked potato.



Bubble and Squeak Frittata

Ingredients (serves 6)	Method
1 Tablsp Sunflower Margarine 1 Onion (peeled and chopped) 1 Small Cabbage (shredded) 1 Carrot (peeled and grated) 750g Potatoes (peeled, boiled and mashed) 4 Eggs (beaten) 75g Mature Cheddar Cheese (grated) Pinch of Black Pepper ½ Lettuce (washed and shredded) 16 Cherry Tomatoes (washed and halved) ½ Cucumber (washed and sliced)	Pre-heat grill <ol style="list-style-type: none"> 1. Melt the margarine in a large frying pan, add the onion and cabbage and cook for 5-6 minutes, until soft. 2. Stir the carrot and potatoes and cook for a further 3-4 minutes. 3. Mix together the eggs, cheese, black pepper and pour into the pan. Cook over a moderate heat for 4-5 minutes, until the underside is golden. 4. Place the pan under grill for a further 2-3 minutes until the frittata has set and the top is golden. 5. Turn out into a warmed plate and serve immediately, with prepared salad.

- Alternatively serve with seasonal vegetables



Creamy Tomato Pasta

Ingredients (serves 4)	Method
<p>200g Pasta (boiled)</p> <p>1 Onion (peeled and chopped)</p> <p>1 x 295g Tin of Tomato Soup</p> <p>50ml Semi Skimmed Milk</p> <p>100g Light Soft Cheese with Garlic and Herbs</p> <p>4 Tomatoes (cut into wedges)</p> <p>200g Spinach (washed)</p>	<ol style="list-style-type: none"> 1. To the cooked pasta add onion, soup, milk and cheese. 2. Heat gently. 3. Add tomatoes. 4. Serve on a bed of spinach.

- This dish is high in salt due to the tinned soup and cheese combination, for a lower salt option try substituting the soup with a tin of tomatoes



Egg Fried Rice

Ingredients (serves 4)	Method
<p>1 Dessertsp Vegetable Oil</p> <p>5 Mushrooms (washed and sliced)</p> <p>1 Onion (peeled and chopped)</p> <p>2 Eggs (whisked)</p> <p>200g Long Grain Rice (cooked)</p> <p>4 Tablsp Frozen Garden Peas</p> <p>1 Tablsp Soy Sauce</p> <p>Pinch of Black Pepper</p>	<ol style="list-style-type: none"> 1. Heat the oil in a large saucepan and fry the mushrooms and onion until soft, push the mixture to one side of the pan. 2. Stir in eggs to the clear side of the pan and cook till set. Add rice and peas and mix together, fry for 2 minutes. 3. Add soy sauce and season with black pepper to taste.

- Serve as an accompaniment to Chinese / Asian dishes



Leek and Potato Casserole

Ingredients (serves 4)	Method
<p>1 Onion (peeled and chopped)</p> <p>1 Clove of Garlic (peeled and chopped)</p> <p>3 Medium Sized Leeks (washed and sliced)</p> <p>6 Mushrooms (washed and sliced)</p> <p>4 Potatoes (peeled and cubed)</p> <p>½ Tablsp Paprika</p> <p>225ml Boiling Water with 1 Vegetable Stock Cube</p> <p>½ Tablsp Soy Sauce</p> <p>1 Tablsp Tomato Puree</p> <p>1 x 400g Tin of Chopped Tomatoes or Passata</p> <p>½ Teasp Black Pepper</p> <p>1 x 400g Tin of Butter Beans (drained)</p> <p>2 Carrots (peeled and cooked)</p>	<ol style="list-style-type: none"> 1. Place all ingredients except the butter beans and carrots in a large saucepan. 2. Simmer gently for 20 minutes, until the vegetables are soft. 3. Add the butter beans and heat through. 4. Serve with carrots.

- For a pot dish the carrots could be added with the other ingredients at stage 1.



Macaroni Cheese

Ingredients (serves 4)	Method
35g Sunflower Margarine 35g Plain Flour 450ml Semi Skimmed Milk ½ Teasp English Mustard 100g Mature Cheddar Cheese (grated) Pinch of Black Pepper 200g Macaroni (boiled) 2 Carrots (peeled, sliced and steamed) 260g Peas (cooked)	<ol style="list-style-type: none"> 1. Melt the margarine in a saucepan, add the flour and continue to cook and gradually add the milk. 2. Add the mustard and half the cheese to the sauce and season with black pepper to taste. 3. Add the macaroni to the sauce and pour into an oven proof dish, top with the remaining cheese. 4. Pre-heat the grill and heat the macaroni till the cheese melts, serve with carrots and peas

- This dish is high in saturated fat and should be consumed occasionally



Nut Roast

Ingredients (serves 6)	Method
<p>175g Mixed Nuts (walnuts, peanuts, brazils, cashews or almonds)</p> <p>3 Slices of Wholemeal Bread (made into breadcrumbs)</p> <p>1 Onion (peeled and chopped)</p> <p>1 Teasp Oregano</p> <p>1 Teasp Yeast Extract e.g. Marmite</p> <p>175ml Boiling Water</p> <p>2 Tomatoes (sliced)</p> <p>50g Mature Cheddar Cheese (grated)</p> <p>1 x 750g Bag of Baby Potatoes (boiled)</p> <p>½ Lettuce (washed and shredded)</p> <p>16 Cherry Tomatoes (washed and halved)</p> <p>½ Cucumber (washed and sliced)</p>	<p>Pre-heat oven to 190C / 375F / Gas Mark 5</p> <ol style="list-style-type: none"> 1. Mix together nuts, breadcrumbs, onion and oregano. 2. Dissolve the yeast extract in water and add to nut mixture. 3. Grease 450g (1lb) loaf tin and line with greaseproof paper. 4. Place half the mixture in the tin and layer tomatoes and cheese on top. Place rest of nut mixture on top, pressing down well. 5. Bake for about 50 minutes. 6. Leave in tin for a few minutes before turning out. 7. Serve with potatoes and prepared salad.

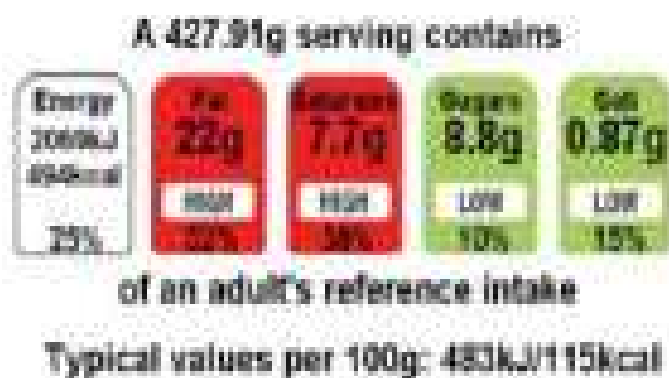
- A combination of any of your favourite vegetables may be substituted in this recipe



Onion Quiche

Ingredients (serves 6)	Method
<p>75g Sunflower Margarine</p> <p>170g Plain Flour</p> <p>2 Tablsp Water</p> <p>3 Onions (sliced)</p> <p>2 Slices of Bread (made into breadcrumbs)</p> <p>100g Vegetarian or Mature Cheddar</p> <p>4 Eggs</p> <p>300ml Semi-skimmed Milk</p> <p>Black Pepper</p> <p>½ Iceberg Lettuce (washed and shredded)</p> <p>16 Cherry Tomatoes (washed and halved)</p> <p>½ Cucumber (washed and sliced)</p> <p>3 Jacket Potatoes (washed, baked and halved)</p>	<p>Pre-heat oven to 180C / 350F / Gas Mark 4</p> <ol style="list-style-type: none"> 1. To make the pastry rub the margarine into the flour, till mixture resembles breadcrumbs, add the water to form a soft dough. 2. Roll out the pastry, and line a quiche tin. Place the quiche tin on a baking sheet, prick with a fork. If time allows place in the fridge for 30 minutes to let the pastry rest. 3. Bake in the oven for 15-20 minutes. 4. Place the onions into the pastry base with the breadcrumbs and sprinkle over the cheese. 5. Beat together the eggs milk and pepper and pour over the quiche. 6. Bake for 35-40 minutes. 7. Serve hot or cold with prepared salad and baked potato.

- This dish is high in fat due to the pastry and cheese content therefore it's recommended to only eat occasionally



Spicy Bean Hotpot

Ingredients (serves 4)	Method
<p>2 Onions (peeled and chopped)</p> <p>2 Carrots (peeled and chopped)</p> <p>2 Courgettes (sliced)</p> <p>1 Pepper (de-seeded and sliced)</p> <p>1 Tablsp Sunflower Oil</p> <p>1 x 400g Tin of Chopped Tomatoes or Passata</p> <p>½ Tablsp Tomato Puree</p> <p>½ Tablsp Sweet Pickle (optional)</p> <p>½ Teasp Chilli Powder</p> <p>1 x 400g Tin of Kidney Beans (drained)</p> <p>200g Long Grain Rice (boiled)</p>	<ol style="list-style-type: none"> 1. Mix all the ingredients together in a large pan, except the beans and rice. 2. Bring to the boil and simmer for 30 minutes or until the mixture is thick and the vegetables are cooked, towards the end of the cooking time add the beans and heat through. 3. Serve with rice.

- Alternative serving suggestion try a baked potato, Couscous or pasta instead of rice
- Additional flavouring may be added in the form of garlic and herbs



Stuffed Peppers

Ingredients (serves 4)	Method
<p>4 Peppers (firm)</p> <p>1 Teasp Sunflower Oil</p> <p>1 Onion (peeled and finely chopped)</p> <p>3 Tomatoes (chopped)</p> <p>75g Brown Rice (boiled)</p> <p>¼ Teasp Mixed Herbs</p> <p>100g Cheddar Cheese (grated)</p> <p>200g Tagliatelle (boiled)</p> <p>½ Iceberg Lettuce (washed and shredded)</p> <p>16 Cherry Tomatoes (washed and halved)</p> <p>½ Cucumber (washed and chopped)</p>	<p>Pre-heat oven to 160C / 350F / Gas Mark 4</p> <ol style="list-style-type: none"> 1. Cut a slice off the top of each pepper; remove centre core and seeds. 2. Stand peppers upright in an ovenproof dish. 3. Heat the oil, add onions and cook until soft. 4. Add tomatoes, rice and mixed herbs. 5. Arrange rice mixture in pepper shells. 6. Top each with grated cheese. 7. Bake for 30-40 minutes until peppers are tender. 8. Serve hot with tagliatelle and prepared salad.

- Experiment with different fillings – rice could be replaced with Couscous or breadcrumbs and various vegetables



Vegetable and Chickpea Stew

Ingredients (serves 4)	Method
<p>1 Tablsp Sunflower Oil</p> <p>1 Onion (peeled and chopped)</p> <p>2 Cloves of Garlic (peeled and chopped)</p> <p>1 ½ Teasp Curry Powder</p> <p>1 Aubergine (washed and diced)</p> <p>1 Carrot (peeled and diced)</p> <p>3 Teasp Tomato Puree</p> <p>1 x 400g Tin of Chopped Tomatoes or Passata</p> <p>250ml Water</p> <p>1 x 400g Tin of Chickpeas (drained)</p> <p>1 Courgette (washed and sliced)</p> <p>200g Pasta (boiled)</p>	<ol style="list-style-type: none"> 1. Heat oil and fry onion, garlic, curry powder, aubergine and carrot until soft. 2. Add tomato puree, tomatoes and water. 3. Simmer for 20 minutes. 4. Stir in chickpeas and courgette and simmer for a further 5 minutes. 5. Serve with pasta.

- A combination of any of your favourite vegetables may be substituted in this recipe



Vegetable Chilli

Ingredients (serves 4)	Method
<p>100g Lentils</p> <p>1 Clove of Garlic (peeled and chopped)</p> <p>2 Onions (peeled and chopped)</p> <p>1½ Sticks of Celery (chopped)</p> <p>2 Carrots (peeled and chopped)</p> <p>2 Red Peppers (de-seeded and sliced)</p> <p>1 x 400g Tin of Chopped Tomatoes or Passata</p> <p>¾ Teasp Chilli Powder</p> <p>½ Tablsp Tomato Puree</p> <p>1 x 400g Tin of Kidney Beans (drained)</p> <p>200g Long Grain Rice (boiled)</p>	<ol style="list-style-type: none"> 1. Cover the lentils with water, bring to the boil and simmer for 20-25 minutes. Drain. 2. Add the remaining ingredients except the beans and rice, bring to the boil and simmer for 10 minutes. 3. Add the beans and stir well. 4. Simmer for 10 minutes, serve with rice.

- A can of baked beans may be substituted for the kidney beans



Vegetable Crumble

Ingredients (serves 4)	Method
<p>2 Teasp Curry Powder</p> <p>3 Onions (peeled and chopped)</p> <p>200g Peeled and Chopped Hard Vegetables (e.g. carrots, potatoes, turnip, cauliflower, parsnips, butternut squash)</p> <p>1 x 400g Tin of Chopped Tomatoes or Passata</p> <p>½ Tablsp Tomato Puree</p> <p>1½ Teasp Mixed Herbs</p> <p>Black Pepper</p> <p>200g Soft Vegetables (mushrooms, courgettes, peppers, bean sprouts, green beans, peas, sweetcorn)</p> <p>Crumble Topping</p> <p>100g Wholemeal Flour</p> <p>50g Sunflower Margarine</p> <p>100g Porridge Oats</p>	<p>Pre-heat oven to 190C / 375F / Gas Mark 5</p> <ol style="list-style-type: none"> 1. In a saucepan place the curry powder, onions, the hard vegetables, tomatoes, tomato puree, mixed herbs and pepper. Stir well and cook gently for 15 minutes, stirring regularly. 2. Add the soft vegetables. Bring back to the boil, then cover the pan and cook mixture for 5 minutes on a gentle heat. 3. To make the topping, put the flour in a bowl and mix in the margarine, stir in the porridge oats and mix well. 4. Transfer the cooked vegetables to a lightly greased ovenproof dish and sprinkle on the topping. 5. Bake for 25-30 minutes and serve.



Vegetable Curry

Ingredients (serves 4)	Method
<p>1kg Mixed Vegetables (e.g. carrots, onions, potatoes, cauliflower, courgettes, peas, beans, turnip etc. – peeled and chopped)</p> <p>1 x 400g Tin of Chickpeas (drained)</p> <p>1 Clove of Garlic (peeled and chopped)</p> <p>1 Tablsp Curry Powder</p> <p>1 x 400g Tin of Chopped Tomatoes or Passata</p> <p>1 Tablsp Tomato Puree</p> <p>300ml Boiling Water with 1 Vegetable Stock Cube</p> <p>200g Long Grain Rice (boiled)</p>	<ol style="list-style-type: none"> 1. Combine all ingredients except rice in a large saucepan. 2. Bring to the boil, reduce heat and allow the mixture to simmer, stirring occasionally. 3. Cook for 30 minutes until vegetables are tender and stock has reduced. 4. Serve with rice.

- A can of baked beans may be substituted for the kidney beans



Vegetable Lasagne

Ingredients (serves 6)	Method
<p>Vegetable Sauce</p> <p>2 Cloves Garlic (peeled and chopped)</p> <p>1 Onion (peeled and finely chopped)</p> <p>2 Peppers (de-seeded and chopped)</p> <p>1 Aubergine (stalk removed and chopped)</p> <p>225g Mushrooms (washed and sliced)</p> <p>1 x 400g Tin of Chopped Tomatoes or Passata</p> <p>2 Tabbsp Tomato Puree</p> <p>2 Teasp Dried Mixed Herbs</p> <p>Cheese Sauce</p> <p>30g Plain Flour</p> <p>30g Sunflower Margarine</p> <p>375ml Semi-skimmed Milk</p> <p>100g Mature Cheddar Cheese (grated)</p> <p>9 Sheets (272g) Lasagne</p> <p>½ Lettuce (washed and shredded)</p> <p>16 Cherry Tomatoes (washed and halved)</p> <p>½ Cucumber (washed and sliced)</p>	<p>Pre-heat oven to 190C / 375F / Gas Mark 5</p> <ol style="list-style-type: none"> 1. Place all the ingredients for the vegetable sauce in a large pan, simmer for 20 minutes. 2. Make the cheese sauce by placing the flour, margarine and milk in a saucepan. Bring to the boil, whisking continuously until thickened and smooth. 3. Add 75g of the cheese and stir until melted. 4. Place a layer of the cheese sauce into the bottom of an oven-proof dish, followed by lasagne sheets and half the vegetable sauce, continue with a layer of lasagne and the remaining vegetables finishing with a layer of lasagne topped with the cheese sauce. Top with the remaining cheese. 5. Cook in oven for 30 minutes until golden. 6. Serve with prepared salad.



Veggie Burgers

Ingredients (serves 4)	Method
<p>130g Split Red Lentils</p> <p>1 Onion (peeled and chopped)</p> <p>1 Bay Leaf</p> <p>$\frac{3}{4}$ Teasp Ground Cumin</p> <p>2 Tomatoes (chopped)</p> <p>115g Unsalted Peanuts (chopped)</p> <p>4 Slices of Wholemeal Bread (made into breadcrumbs)</p> <p>Pinch of Black Pepper</p> <p>2 Tablsp Parsley (chopped)</p> <p>1 Egg (beaten)</p> <p>$\frac{1}{2}$ Lettuce (washed and shredded)</p> <p>16 Cherry Tomatoes (washed and halved)</p> <p>$\frac{1}{2}$ Cucumber (washed and sliced)</p>	<p>Pre-heat grill</p> <ol style="list-style-type: none"> 1. Put the lentils in a pan with plenty of water, onions, and bay leaf, cumin and tomatoes. 2. Bring to the boil and simmer until the lentils are soft, about 30 minutes. 3. Drain thoroughly, remove the bay leaf, and beat the lentils until smooth. 4. Mix the peanuts and breadcrumbs together. Beat half this mixture into the lentil puree. 5. Add the pepper and parsley and stir in the beaten egg. 6. Divide into 4 flat cakes. Coat with the remaining peanut and breadcrumb mixture. 7. Grill until heated through and crisp on the top. 8. Serve with prepared salad.



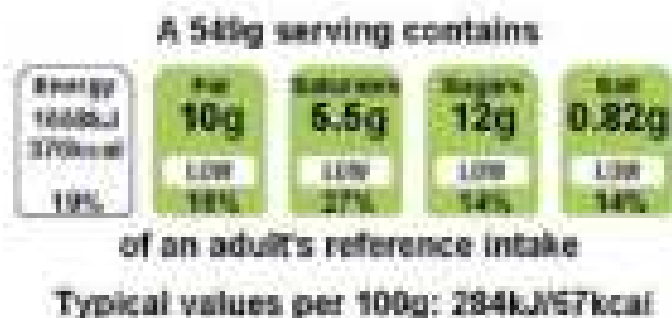
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Cheesy Baked Fish

Ingredients (serves 4)	Method
<p>4 x 160g Fillets of White Fish</p> <p>4 Tomatoes (washed and sliced)</p> <p>Pinch of Black Pepper</p> <p>1 x 200g Low Fat Natural Fromage Frais</p> <p>1 Bunch Spring Onions (chopped)</p> <p>90g Mature Cheddar (grated)</p> <p>8 Potatoes (egg sized, scrubbed and boiled)</p> <p>1 Head of Broccoli (cut into florets and steamed)</p> <p>4 Carrots (peeled, sliced and cooked)</p>	<p>Pre-heat oven to 180C / 350F / Gas Mark 4</p> <ol style="list-style-type: none"> 1. Arrange fish in a single layer in a lightly greased ovenproof dish. 2. Place the sliced tomatoes on top of each fillet of fish and season with black pepper. 3. Mix fromage frais, spring onion and 75g of the cheese. 4. Spoon mixture over fish and tomatoes. 5. Sprinkle with remaining cheese. 6. Bake for 20 minutes until golden. 7. Serve with potatoes and vegetables.



Cod and Tomato Parcels

Ingredients (serves 4)	Method
<p>4 x 160g Cod Fillets</p> <p>1 Tablsp Sunflower Oil</p> <p>1 Onion (peeled and chopped)</p> <p>4 Mushrooms (sliced, optional)</p> <p>1 x 400g Tin of Chopped Tomatoes or Passata</p> <p>1 Tablsp Tomato Puree</p> <p>Parsley to Garnish (chopped)</p> <p>16 Potatoes (egg sized, scrubbed and boiled)</p> <p>1 Head of Broccoli (cut into florets and steamed)</p>	<p>Pre-heat oven to 190C / 375F / Gas Mark 5</p> <ol style="list-style-type: none"> 1. Cut four 25cm squares of kitchen foil. 2. Place one fillet of fish in the centre of each. 3. Heat the oil and fry the onion and mushrooms until soft. 4. Add tomatoes, tomato puree and cook for a further 5 minutes. 5. Spoon some sauce over each piece of cod. 6. Wrap each parcel leaving a small hole in the top for the steam to escape. 7. Place on a baking sheet and bake for 25-30 minutes. 8. Transfer fish and sauce to plates, sprinkle with parsley and serve with potatoes and broccoli or seasonal vegetables.



Fish and Chips

Ingredients (serves 4)	Method
<p>3 Large Baking Potatoes (scrubbed and cut into wedges)</p> <p>2 Tablsp Olive Oil</p> <p>4 Slices of Wholemeal Bread (made into breadcrumbs)</p> <p>1 Lemon (zest)</p> <p>2 Tablsp Parsley</p> <p>640g White Fish (skinned and cut into strips)</p> <p>2 Tablsp Plain Flour</p> <p>2 Eggs (beaten)</p> <p>250g Frozen Peas (cooked)</p>	<p>Pre-heat oven to 180C / 375F / Gas Mark 4</p> <ol style="list-style-type: none"> 1. Toss the potato wedges in oil and bake in oven for 15 minutes. 2. Mix breadcrumbs, lemon zest and parsley together. 3. Dip fish in flour, then egg, finishing with breadcrumbs. 4. Place on a baking tray with potato wedges and bake for a further 20 minutes or until cooked through. 5. Serve fish with potato wedges and garden peas or salad

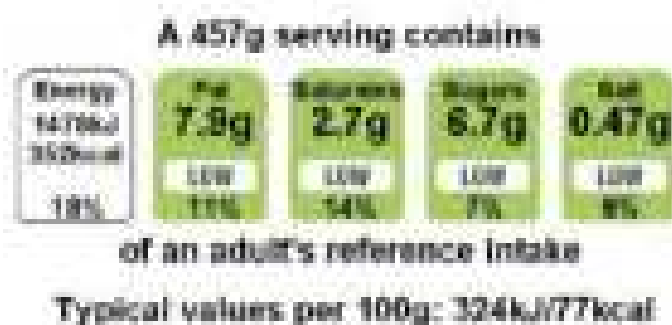
- Try serving with tomato sauce or tartare sauce



Fish Cakes

Ingredients (serves 4)	Method
<p>160g Cod or Haddock (cooked and flaked)</p> <p>4 Potatoes (peeled, cooked and mashed)</p> <p>1 Tablsp Parsley (washed and chopped)</p> <p>Black Pepper</p> <p>1 Egg (beaten)</p> <p>Coating</p> <p>2 Tablsp Flour</p> <p>2 Eggs (beaten)</p> <p>2 Slices of Brown or White Bread (made into breadcrumbs)</p> <p>½ Lettuce (washed and shredded)</p> <p>16 Cherry Tomatoes (washed and halved)</p> <p>½ Cucumber (washed and sliced)</p>	<p>Pre-heat oven to 180F / 350F / Gas Mark 4</p> <ol style="list-style-type: none"> 1. Place the fish, potatoes, parsley and pepper in a bowl and mix. 2. Add enough of the beaten egg to make the mixture moist without being runny. 3. Turn mixture onto a floured surface and shape into 4 large cakes or 8 small then dust in additional flour. 4. Dip the cakes into the beaten egg and then the breadcrumbs. 5. Oven bake for 20 –25 minutes, turning half way through. 6. Serve with prepared salad.

- Alternatively serve with seasonable vegetables



Fish Pie

Ingredients (serves 4)	Method
<p>500ml Semi Skimmed Milk</p> <p>½ Tablsp Cornflour</p> <p>640g Whiting, Haddock or Cod (skinned)</p> <p>1 Onion (peeled and chopped)</p> <p>Pinch of Black Pepper</p> <p>1 Tablsp Fresh Parsley (washed and chopped)</p> <p>100g Frozen Garden Peas</p> <p>4 Potatoes (peeled, boiled and mashed)</p> <p>1 Head of Broccoli (cut into florets and steamed)</p>	<p>Pre-heat oven to 375F / 190C / Gas Mark 5</p> <ol style="list-style-type: none"> 1. Heat the milk in a saucepan then mix the cornflour with a little cold water and stir into milk. Continue stirring until sauce thickens. 2. Add the remaining ingredients (except peas, broccoli and potatoes and heat through, till the fish is cooked. 3. Add the peas to the fish mixture. 4. Pour the mixture into an ovenproof dish. 5. Cover with mashed potato and bake for 15 minutes. 6. Serve with steamed broccoli or seasonal vegetables.



Kedgeree

Ingredients (serves 4)	Method
<p>1 Tabbsp Sunflower Oil</p> <p>1 Onion (peeled and chopped)</p> <p>320g Smoked Haddock (cooked)</p> <p>240g Frozen Garden Peas</p> <p>2 Eggs (hard boiled, peeled and chopped)</p> <p>1 Teasp Curry Powder</p> <p>200g Long Grain Rice (cooked)</p> <p>Pinch of Black Pepper</p>	<ol style="list-style-type: none"> 1. Heat the oil in a saucepan and add the onions, cook for about 5 minutes. 2. Add the remaining ingredients and heat through for a further 5 minutes. 3. Season with black pepper to taste and serve.

- Suggest serving with a green salad or additional seasonal vegetables



Mackerel and Pasta Supper

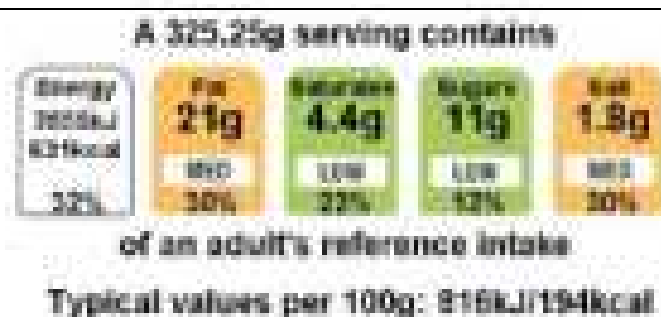
Ingredients (serves 4)	Method
<p>1 Tablsp Sunflower Oil</p> <p>1 Onion (peeled and chopped)</p> <p>12 Mushrooms (wiped and sliced)</p> <p>1 Pepper (washed, de-seeded and chopped)</p> <p>1 x 400g Tin of Chopped Tomatoes or Passata</p> <p>2 x 125g Tins of Mackerel Fillets in Tomato Sauce</p> <p>200g Pasta (cooked as per manufacturer's instructions)</p> <p>1 Head of Broccoli (cut into florets and cooked)</p>	<ol style="list-style-type: none"> 1. Heat the oil in a saucepan, add onion and fry for 3 minutes. 2. Stir in mushrooms, pepper and tomatoes. Simmer for 10 minutes. 3. Add the mackerel to the pan and, simmer for 5 minutes. Pour the sauce over the cooked pasta. 4. Serve with broccoli.



Oriental Style Glazed Salmon Kebabs

Ingredients (serves 4)	Method
<p>8 Wooden Skewers (soaked in cold water)</p> <p>Marinade</p> <p>2 Tablsp Light Soy Sauce</p> <p>2 Tablsp Clear Honey</p> <p>1 Teasp Lemon Juice</p> <p>2 Teasp Sunflower Oil</p> <p>360g Salmon Fillets (skinned and cut into chunks)</p> <p>2 Courgettes (washed and cut into chunks)</p> <p>1 Pepper (washed, de-seeded and cut into chunks)</p> <p>400g Egg Noodles (cooked)</p>	<p>Pre-heat grill</p> <ol style="list-style-type: none"> 1. Mix together marinade ingredients. Add salmon, cover and refrigerate for at least 20 minutes. 2. Thread salmon chunks alternating with courgette and pepper on to the skewers and place on a foil lined grill pan. 3. Cook under medium hot grill for 7-8 minutes, turning and brushing with marinade until cooked through. 4. Serve immediately with egg noodles.

- Suggest serving with – steamed pak choi, shredded cabbage or salad



Paella

Ingredients (serves 4)	Method
<p>1 Tabbsp Olive Oil</p> <p>1 Onion (peeled and chopped)</p> <p>2 Cloves of Garlic (peeled and chopped)</p> <p>250g Chicken Breast Meat (diced)</p> <p>200g Brown Long Grain Rice</p> <p>1 Tomato (washed and chopped)</p> <p>1 Pepper (washed, de-seeded and chopped)</p> <p>5 Mushrooms (washed and sliced)</p> <p>¼ Teasp Turmeric</p> <p>800ml Boiling Water with 1 Chicken Stock Cube</p> <p>100g Seafood (mixed)</p> <p>50g Frozen Garden Peas</p> <p>1 Dessertsp Lemon Juice</p>	<ol style="list-style-type: none"> 1. Heat oil and fry onion, garlic and chicken. 2. Add the rice, tomato, pepper, mushrooms and turmeric. 3. Stir in the stock and bring back to the boil, simmer for 20 minutes. 4. Add the seafood and peas. 5. Serve seasoned with lemon juice.



Sweet Chilli Salmon with Pasta

Ingredients (serves 4)	Method
<p>4 x 90g Salmon Fillets</p> <p>1 Teasp Sunflower Margarine</p> <p>1 Bunch of Spring Onions (peeled and sliced)</p> <p>2 Cloves of Garlic (peeled and chopped)</p> <p>1 Cauliflower (cut into florets and steamed)</p> <p>1 Red Pepper (de-seeded and sliced)</p> <p>4 Tablsp Sweet Chilli Sauce</p> <p>200g Light Soft Cream Cheese</p> <p>1 Lime (zest and juice)</p> <p>200g Tagliatelle (cooked as per manufacturer's instructions)</p>	<p>Pre-heat oven to 180C / 350F / Gas Mark 4</p> <ol style="list-style-type: none"> 1. Place salmon in an ovenproof dish and bake in oven for 15 minutes (alternatively microwave for 5 minutes). 2. Heat margarine in pan, add spring onions and garlic, cook till soft. 3. Add cauliflower and pepper. 4. Add chilli sauce, cream cheese and lime juice and zest, heat through. 5. To serve place salmon on pasta and pour over sauce.



Tikka Cod

Ingredients (serves 4)	Method
<p>640g Cod Steaks or Fillets (skin still on)</p> <p>Marinade</p> <p>2 Tablsp Tikka Mix or Curry Powder</p> <p>1 Tablsp Lemon Juice</p> <p>1 Tablsp Sunflower Oil</p> <p>5 Tablsp low fat Natural Yoghurt</p> <p>200g Long Wholegrain Rice (boiled)</p> <p>1 Head of Broccoli (cut into florets and steamed)</p> <p>4 Carrots (peeled, sliced and steamed)</p>	<p>Pre-heat grill</p> <ol style="list-style-type: none"> 1. Place cod in a large shallow dish. 2. Combine the marinade ingredients and spread evenly over the cod. 3. Cover and refrigerate for 30 minutes. 4. Transfer the cod to a lightly greased rack in a grill pan, skin side up. Cook under a moderate grill for 3 – 4 minutes, turn and cook for a further 4 –5 minutes, or until cooked. 5. Serve immediately with rice and vegetables.

- The marinade ingredients may be used with other white fish or chicken instead of cod



Tuna and Broccoli Pasta Bake

Ingredients (serves 4)	Method
<p>2 x 160g Tins of Tuna in Brine (drained)</p> <p>200g Pasta (cooked)</p> <p>1 Head of Broccoli (cut into florets and blanched – cooked in boiling water for 3 minutes)</p> <p>1 x 400g Tin of Chopped Tomatoes or Passata</p> <p>1 Slice of Wholemeal Bread (made into breadcrumbs)</p> <p>25g Mature Cheddar (grated)</p> <p>½ Lettuce (washed and shredded)</p> <p>16 Cherry Tomatoes (washed and cut in half)</p> <p>½ Cucumber (washed and sliced)</p>	<p>Pre-heat oven to 200C / 400F / Gas Mark 6</p> <ol style="list-style-type: none"> 1. Flake the tuna into an ovenproof dish than add pasta and broccoli. 2. Top with tomatoes. 3. Mix the breadcrumbs with the cheese and sprinkle over the top. 4. Bake for 25 minutes until golden and crisp on top. 5. Serve accompanied by prepared salad.



Tuna Fish Cakes

Ingredients (serves 8)	Method
<p>600g Sweet Potatoes (peeled, chopped, boiled and mashed)</p> <p>2 x 160g Tuna in Spring Water or Brine (drained and flaked)</p> <p>2 Spring Onions (chopped)</p> <p>2 Eggs (beaten)</p> <p>4 Slices of Wholemeal Bread (made into breadcrumbs)</p> <p>1 Lemon (cut into wedges)</p> <p>½ Lettuce (washed and shredded)</p> <p>4 Tomatoes (washed and cut into quarters)</p> <p>½ Cucumber (washed and cut into slices)</p>	<p>Pre-heat oven to 180F / 350F / Gas Mark 4</p> <ol style="list-style-type: none"> 1. Mix the potato, tuna, spring onions, and half the egg together. 2. Divide the mixture into 8 equal pieces and shape into small cakes. 3. Dip the fish cakes in the egg, followed by the breadcrumbs until coated on all sides. 4. Bake in the oven for about 20 minutes until heated through. 5. Serve with lemon wedges and prepared salad.



Balti Chicken

Ingredients (serves 4)	Method
<p>1 Tablsp Sunflower Oil</p> <p>4 Green Cardamom Pods</p> <p>2 Teasp Cumin Seeds</p> <p>2 Onions (peeled and sliced)</p> <p>2 Cloves of Garlic (peeled and chopped)</p> <p>350g Chicken Breast Meat (diced)</p> <p>1 Teasp Chilli Powder</p> <p>1 Teasp Garam Masala</p> <p>90ml Water (boiling)</p> <p>1 x 400g Tin of Chopped Tomatoes or Passata</p> <p>1 Carrot (peeled and sliced)</p> <p>1 Courgettes (washed and sliced)</p> <p>2 Tablsp Coriander (chopped)</p> <p>200g Long Grain Rice (boiled)</p>	<ol style="list-style-type: none"> 1. Heat the oil in a pan and add the cardamom and cumin fry until the seeds pop. 2. Add onion, garlic and chicken and cook for about 5 minutes. 3. Add remaining ingredients except the coriander and rice, simmer for about 20 minutes, 4. Stir in the coriander and serve with rice.



Chicken alla Milanese

Ingredients (serves 4)	Method
<p>For the chicken</p> <p>4 Slices of Wholemeal Bread (made into breadcrumbs)</p> <p>1 Lemon (zested)</p> <p>2 Tabbsp of Parmesan Cheese (grated)</p> <p>1 Teasp Oregano</p> <p>Pinch of Black Pepper</p> <p>4 Chicken Breasts (350g) (flattened till 1cm thick)</p> <p>1 Egg (beaten)</p> <p>For the tomato sauce</p> <p>1 Onion (peeled and chopped)</p> <p>1 x 400g Tin of Chopped Tomatoes or Passata</p> <p>1 Clove of Garlic (peeled and chopped)</p> <p>Pinch of Black Pepper</p> <p>200g Long Grain Rice (boiled)</p> <p>½ Lettuce (washed and shredded)</p> <p>½ Cucumber (washed and sliced)</p> <p>4 Spring Onion (peeled and chopped)</p> <p>8 Cherry Tomatoes (washed and halved)</p>	<p>Pre-heat oven to 180C / 360F / Gas Mark 5</p> <ol style="list-style-type: none"> 1. Mix together the breadcrumbs, lemon zest, parmesan and oregano with the black pepper. 2. Dip the chicken breasts into the egg mixture and then into the crumb mixture. Press the crumbs firmly on to the breasts. 3. Cook in the oven until golden brown, about 15 minutes. 4. Combine the tomato sauce ingredients and cook gently for 5-7 minutes. Season to taste, serve with the chicken, boiled rice and prepared salad.

A 454.75g serving contains



of an adult's reference intake

Typical values per 100g: 471kJ/112kcal



Chicken Curry with Black Pepper

Ingredients (serves 4)	Method
<p>1 Tablsp Sunflower Oil</p> <p>350g Chicken Breast Meat (cut into chunks)</p> <p>½ Teasp Turmeric</p> <p>½ Teasp Chilli Powder</p> <p>1 Bay Leaf</p> <p>4 Cloves</p> <p>1 Teasp Black peppercorns (roughly crushed)</p> <p>2 Cloves of Garlic (peeled and chopped)</p> <p>1" Piece of Root Ginger (peeled and chopped)</p> <p>2 Peppers (washed, de-seeded and chopped)</p> <p>2 x 150g Pots of Low Fat Natural Yogurt</p> <p>4 Tomatoes (washed and cut into quarters)</p> <p>180g Spinach (washed)</p> <p>2 Tablsp Fresh Coriander (washed and chopped)</p> <p>200g Long Grain Rice (boiled)</p>	<ol style="list-style-type: none"> 1. Heat the oil and add chicken, turmeric, chilli, bay leaf, cloves, peppercorns, garlic, ginger and peppers and cook until chicken is tender. If mixture gets too dry add some water. 2. Add the yoghurt, tomatoes, spinach and coriander and heat through. 3. Serve with boiled rice.

- If curry is too spicy try adding a little lemon juice



Chicken Fajitas

Ingredients (serves 4)	Method
<p>1 Tabbsp Sunflower Oil</p> <p>350g Chicken Breast Meat (sliced)</p> <p>1 Teasp Cajun Spice</p> <p>2 Cloves of Garlic (peeled and chopped)</p> <p>1 Onion (peeled and sliced)</p> <p>2 Peppers (washed, de-seeded and sliced)</p> <p>8 x 64g (medium) Tortillas</p>	<ol style="list-style-type: none"> 1. Heat the oil in a wok or large frying pan, add the chicken, spice and garlic and stir fry for about 5 minutes. 2. Add the onion and peppers and cook for a further 3 minutes. 3. Warm tortillas in the oven or microwave and serve with chicken mixture.

- Accompaniments may include guacamole, tomato salsa and cool mint yoghurt dip



Chicken Fillets / Dippers

Ingredients (serves 4)	Method
350g Chicken Breast Meat (cut into strips) 3 Tablesp Flour 2 Eggs (beaten) 6 Slices of Bread (made into breadcrumbs) 1 Dessertsp Sunflower oil – to grease the baking tray 4 Potatoes (cut into wedges and baked) ½ Lettuce (washed and shredded) 16 Cherry Tomatoes (washed and halved) ½ Cucumber (washed and chopped) 2 Tablsp Fresh Coriander (chopped)	Pre-heat oven to 200C / 400F / Gas Mark 6 <ol style="list-style-type: none"> 1. Dip the chicken pieces in the flour and shake off the excess. 2. Next dip it in the beaten egg and then straight in to the breadcrumb, patting firmly to ensure the crumbs stick. 3. Place the breaded chicken on a well greased baking tray and cook for 20 minutes, turning over after 10. 4. Serve with potato wedges and prepared salad.

- Involve children in the preparation of these as they may be more likely to eat them if they have helped



Chicken Fried Rice

Ingredients (serves 4)	Method
<p>1 Dessertsp Vegetable Oil</p> <p>1 Onion (peeled and chopped)</p> <p>2 Celery Sticks (washed and chopped)</p> <p>2 Eggs (whisked)</p> <p>200g Long Grain Rice (boiled)</p> <p>240g Chicken (cooked and diced)</p> <p>100g Frozen Garden Peas</p> <p>1 Tablsp Soy Sauce</p> <p>Pinch of Black Pepper</p>	<ol style="list-style-type: none"> 1. Heat the oil in a large saucepan and fry the onion until soft, add the celery and cook for a further few minutes push mixture to one side of the pan. 2. Stir in eggs to the other side of the pan and cook till set (like an omelette). Add rice, chicken and peas, fry mixture for 2 minutes. 3. Add soy sauce and season with black pepper to taste. Serve.

- Alternative meats e.g. ham or prawns may be added or additional vegetables



Chicken Hash

Ingredients (serves 4)	Method
<p>1 Tablsp Sunflower Oil</p> <p>2 Onions (peeled and chopped)</p> <p>4 Potatoes (peeled, boiled and mashed)</p> <p>240g Chicken Meat (cooked and chopped)</p> <p>4 Tablsp Boiling Water with 1 Vegetable Stock Cube</p> <p>Pinch of Black Pepper</p> <p>200g Frozen Peas</p> <p>140g Beetroot</p>	<ol style="list-style-type: none"> 1. Heat the oil; add onions fry for about 5 minutes until soft. 2. Add the remaining ingredients, except beetroot, season with black pepper. 3. Cover and cook for a further 10 minutes, stirring occasionally to prevent sticking, 4. Serve hot accompanied by beetroot.

- Additional seasonal vegetables or salad may be served with this dish



Chicken Kebabs with Lemon and Coriander Couscous

Ingredients (serves 4)	Method
<p>1 Tablsp Sunflower Oil</p> <p>1 Clove of Garlic (peeled and chopped)</p> <p>1 Teasp Ground Coriander</p> <p>1 Teasp Ginger</p> <p>1 Teasp Cinnamon</p> <p>Pinch of Cayenne</p> <p>Juice of 2 Lemons</p> <p>350g Chicken Breast Meat (cut into chunks)</p> <p>Wooden skewers (soaked in cold water)</p> <p>1 Pepper (washed, de-seeded and cut into chunks)</p> <p>1 Courgette (washed and cut into chunks)</p> <p>200ml Boiling Water</p> <p>200g Couscous</p> <p>3 Tablsp Fresh Coriander (chopped)</p> <p>4 Mini Pitta Breads (toasted)</p> <p>½ Lettuce (washed and shredded)</p> <p>16 Cherry Tomatoes (washed and quartered)</p> <p>½ Cucumber (washed and sliced)</p>	<ol style="list-style-type: none"> 1. Mix together, oil, garlic, spices, 1 tablsp lemon juice with the chicken and marinade for at least 10 minutes. 2. Pre-heat the grill, thread the chicken, pepper and courgette on to the skewers and grill for about 10 minutes, turning occasionally until cooked. 3. Pour boiling water over the Couscous and fork through, leave for 10 minutes. 4. Add the remaining lemon juice and fresh coriander. 5. Serve kebabs with Couscous, pitta bread and prepared salad.



Chicken Korma

Ingredients (serves 4)	Method
350g Chicken Breast Meat (diced) 1 Teasp Fresh Ginger (peeled and chopped) 2 Cloves of Garlic (peeled and chopped) 1 x 150g Pot of Low Fat Natural Yoghurt 1 Tablsp Sunflower Oil 1 Onion (peeled and sliced) 1 Teasp Chilli Powder 3 Teasp Ground Coriander 1 Teasp Turmeric 1 Teasp Black Pepper 1 Teasp Garam Masala 1 x 400ml Tin of Light Coconut Milk 1 Tablsp Ground Almonds 2 Tomatoes (washed and cut into quarters) 1 Teasp of Lemon Juice 180g Spinach (washed) 200g Long Grain Rice (boiled)	1. Combine the chicken, ginger, garlic and yoghurt. 2. Heat oil and stir-fry onion, chilli, coriander, turmeric, black pepper and garam masala. 3. Add the chicken mixture and cook for about 5 minutes. 4. Add the coconut milk and almonds. Simmer for approx 15 min, stirring occasionally allow sauce to reduce and thicken. 5. Add tomatoes, lemon juice and spinach, serve with rice.



Chicken Mexicana

Ingredients (serves 4)	Method
<p>2 Onions (peeled and sliced)</p> <p>1 Pepper (de-seeded and sliced)</p> <p>½ Teasp Chilli Powder</p> <p>1 x 400g Tin of Chopped Tomatoes or Passata</p> <p>2 Tablsp Tomato Puree</p> <p>240g Chicken Meat (cooked and diced)</p> <p>4 Mushrooms (washed and sliced)</p> <p>175g Sweetcorn</p> <p>170g Green Beans</p> <p>200g Long Grain Rice (boiled)</p> <p>4x35g Tortilla Wraps</p>	<ol style="list-style-type: none"> 1. Place all ingredients except the sweet corn, beans, rice and tortilla wraps in a large saucepan. 2. Bring to the boil and simmer for 20 –25 minutes. 3. Add the sweetcorn and beans and heat through, serve with rice and warmed tortilla wraps.

- Alternatively serve with a baked potato and seasonal salad
- A great recipe for using up left over roast chicken



Pasta with Chicken in a Tomato Sauce

Ingredients (serves 4)	Method
<p>1 x 400g Tin of Chopped Tomatoes or Passata</p> <p>1 Onion (peeled and chopped)</p> <p>1 Clove of Garlic (peeled and chopped)</p> <p>½ Teasp Mixed Herbs</p> <p>200g Pasta (cooked as per manufacturer's instructions)</p> <p>1 x 198g Tin of Sweetcorn (drained) or Frozen</p> <p>60g Frozen Peas</p> <p>240g Chicken Breast Meat (cooked and diced)</p> <p>25g Mature Cheddar Cheese (grated)</p>	<ol style="list-style-type: none"> 1. Place the tomatoes, onion, garlic and herbs in a saucepan and cook for 5 minutes. 2. Add all remaining ingredients, except the cheese, heat through. 3. Pour the mixture into a heatproof serving dish, sprinkle over the cheese and place under a preheated hot grill for 2-3 minutes until the cheese is golden. 4. Serve.

- A great recipe for using up left over roast chicken



Quick Chicken Casserole

Ingredients (serves 4)	Method
<p>1 Tablsp Sunflower Oil</p> <p>350g Chicken Thighs or Breasts (skinned)</p> <p>1 Onion (peeled and chopped)</p> <p>1 Clove of Garlic (peeled and chopped)</p> <p>1 Red Pepper (washed, de-seeded and diced)</p> <p>2 Teasp Paprika Powder</p> <p>280ml Boiling Water with 1 Chicken Stock Cube</p> <p>3 Tablsp Tomato Puree</p> <p>16 Potatoes (egg sized, scrubbed and boiled)</p> <p>1 Cauliflower (cut into florets and steamed)</p> <p>Pinch of Black Pepper</p>	<ol style="list-style-type: none"> 1. Heat the oil in a large frying pan brown the chicken. 2. Add remaining ingredients, except potatoes and cauliflower, simmer for 15 – 20 minutes or until chicken is cooked through. 3. Season with black pepper and serve with potatoes and cauliflower.

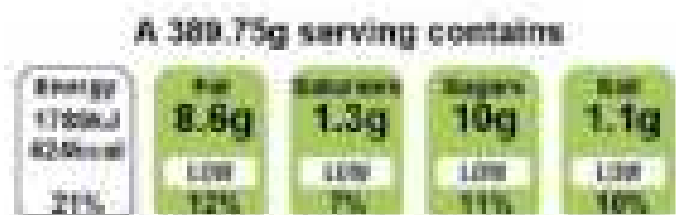
- Alternatively serve with boiled rice or pasta and seasonal vegetables



Quick Chicken Curry

Ingredients (serves 4)	Method
<p>1 Tablsp Sunflower Oil</p> <p>350g Chicken Meat (diced)</p> <p>1 Onion (peeled and chopped)</p> <p>2 Cloves of Garlic (peeled and chopped)</p> <p>2 Tablsp Curry Powder</p> <p>225ml Boiling Water with 1 Vegetable or Chicken Stock Cube</p> <p>4 Tomatoes (washed and chopped)</p> <p>100g Fresh Spinach (washed)</p> <p>4 Tablsp Natural Yoghurt</p> <p>25g Sultanas</p> <p>2 Tablsp Fresh Coriander (chopped)</p> <p>200g Long Grain or Basmati Rice (boiled)</p>	<ol style="list-style-type: none"> 1. Heat the oil in a pan and stir fry chicken, onion and garlic. 2. Add the curry, stock and tomatoes cook for a further 10 minutes. 3. Add spinach, yoghurt and sultanas and heat through. 4. Sprinkle with coriander and serve with rice.

- Alternative serving suggestion or accompaniments – naan bread or chapattis or as a baked potato filling
- For a convenience version stir fry chicken, add a jar of curry sauce of your choice and cook through – additional vegetables and fruit or nuts may be added to enhance flavour and texture



of an adult's reference intake

Typical values per 100g: 459kJ/109kcal



Spicy Chicken Stir Fry

Ingredients (serves 4)	Method
<p>Marinade</p> <p>350g Chicken Breast Meat (cut into strips)</p> <p>1 Tablsp Soy Sauce</p> <p>1 Teasp of Chilli</p> <p>2 Cloves of Garlic (peeled and chopped)</p> <p>1 Tablsp Sunflower or Olive Oil</p> <p>3 Spring Onions (washed and sliced)</p> <p>2 Peppers (washed, de-seeded and sliced)</p> <p>1 Packet of Baby corn (washed)</p> <p>1 Packet of Mange tout (washed)</p> <p>1 Packet of Bean sprouts (washed)</p> <p>200g Long Grain Rice (cooked)</p>	<ol style="list-style-type: none"> 1. Marinade the chicken in the soy, chilli and garlic for two hours. 2. Heat the oil in a wok; add the chicken to the pan. Fry for 3-4 minutes until the chicken is cooked. 3. Add vegetables and stir-fry for another minute. Serve with boiled rice.

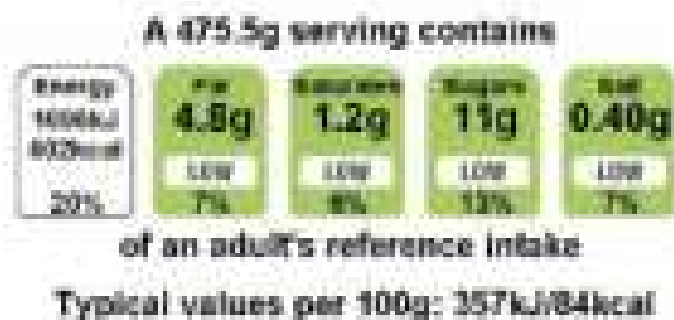
- For a convenience version use frozen stir fry vegetable mix in place of the fresh vegetable and a jar / sachet of Chinese sauce of your choice in place of the marinade



Turkey and Mushroom Creole

Ingredients (serves 4)	Method
<p>1 Onion (peeled and chopped)</p> <p>2 Cloves of Garlic (peeled and chopped)</p> <p>1 Red Pepper (washed, de-seeded and chopped)</p> <p>2 Sticks of Celery (washed and chopped)</p> <p>1 x 400g Tin of Chopped Tomatoes or Passata</p> <p>1 Teasp Chilli</p> <p>1 Teasp Coriander</p> <p>125g Mushrooms (washed and sliced)</p> <p>400g Turkey (cut into strips)</p> <p>200g Long Grain Rice (boiled)</p> <p>1 Head of Broccoli (cut into florets and steamed)</p> <p>4 Carrots (peeled and cooked)</p>	<p>1. Place all ingredients, except rice, broccoli and carrots in a large saucepan and cook gently until turkey is tender – about 30 minutes.</p> <p>2. Serve with rice, broccoli and carrots.</p>

- Experiment with other meats or fish or even vegetables
- Alternatively serve with pasta or potatoes with seasonal vegetables



Turkey Biryani

Ingredients (serves 4)	Method
<p>1 Tabls of Sunflower Oil</p> <p>400g Turkey (diced)</p> <p>1 Onion (peeled and chopped)</p> <p>1 Red pepper (washed, de-seeded and diced)</p> <p>200g Long Grain or Basmati Rice</p> <p>1½ Teasp Chilli Powder</p> <p>1 Desstsp Curry Powder</p> <p>450ml Water (boiling)</p> <p>75g Raisins or Sultanas</p> <p>4 Mini Naan Breads</p>	<ol style="list-style-type: none"> 1. Heat the oil in a large saucepan and fry the turkey for 5 minutes. 2. Add onion and pepper. Fry until soft. 3. Stir in rice, chilli powder and curry powder, fry for 2 minutes. 4. Pour in water and raisins. 5. Bring to boil and simmer for 20 minutes, until rice is cooked, stirring occasionally, serve with warmed naan bread.

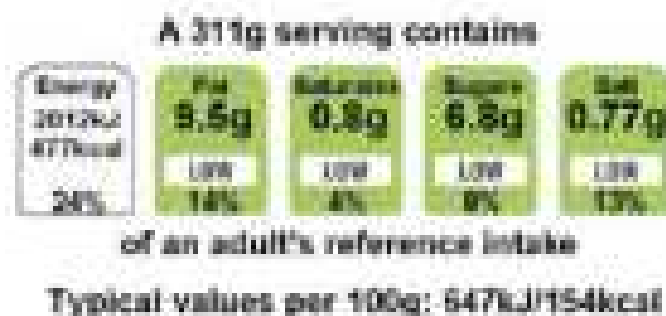
- Suggest serving with mango chutney and a crisp salad
- For special occasions add flaked almonds, dried apricots and sliced hard-boiled eggs



Turkey Chow Mein

Ingredients (serves 4)	Method
<p>1 Tablsp Sunflower Oil</p> <p>400g Turkey (stripped)</p> <p>1 Pepper (washed, de-seeded and sliced)</p> <p>100g Mushrooms (washed and sliced)</p> <p>1 Carrot (peeled and cut into thin strips)</p> <p>1 Onion (peeled and sliced)</p> <p>1 Clove Garlic (peeled and chopped)</p> <p>1 Packet of Bean sprouts (washed)</p> <p>300g Egg Noodles (cooked)</p> <p>1 Tablsp Soy Sauce</p> <p>Black Pepper</p>	<ol style="list-style-type: none"> 1. Heat the oil in a frying pan. Add turkey and fry over a moderate heat for 5 minutes, stirring continuously. 2. Stir in vegetables, except bean sprouts and cook for 4 – 5 minutes, stirring continuously. 3. Add bean sprouts, egg noodles and soy sauce. 4. Season with black pepper to taste and serve.

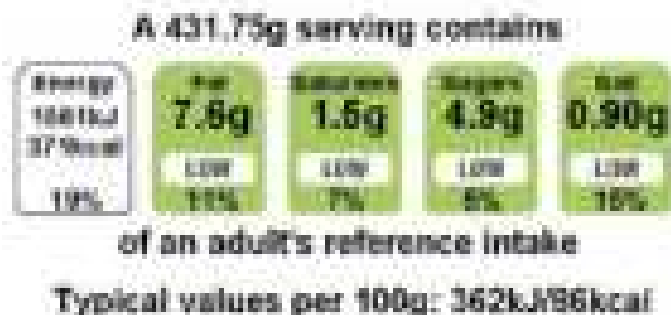
- Fresh vegetables in this recipe could be replaced with a frozen stir fry mixed bag or adding extra vegetables e.g. mange tout or baby corn
- Experiment with different meats or quorn



Turkey Risotto

Ingredients (serves 4)	Method
<p>1 Tabbsp Sunflower Oil</p> <p>400g Turkey (diced)</p> <p>2 Peppers (washed, de-seeded and sliced)</p> <p>1 Onion (peeled and sliced)</p> <p>1 Clove of Garlic (peeled and chopped)</p> <p>125g Mushrooms (washed and sliced)</p> <p>200g Long Grain or Risotto Rice</p> <p>650ml Boiling Water with 1 Chicken Stock Cube</p> <p>3 Teasp Parsley (chopped)</p>	<ol style="list-style-type: none"> 1. Heat the oil in a large saucepan. Add the turkey and fry over a moderate heat for 4 –5 minutes, stirring. 2. Add vegetables and cook for a further 3 – 4 minutes. 3. Stir in the rice and cook for 1 – 2 minutes. 4. Pour in the stock. Bring to the boil, cover and simmer for 15 –20 minutes, until rice is tender and the mixture creamy. 5. Serve immediately topped with parsley.

- Experiment with other meats or fish or even vegetables
- A mixed salad is a suitable accompaniment to this dish



Beef Burgers

Ingredients (serves 6)	Method
<p>500g Lean Minced Beef</p> <p>1 Onion (peeled and chopped)</p> <p>2 Tablsp Worcestershire Sauce or Tomato Ketchup</p> <p>2 Slices of Bread (made into breadcrumbs)</p> <p>1 Egg (beaten)</p> <p>½ Lettuce (washed and shredded)</p> <p>16 Cherry Tomatoes (washed and halved)</p> <p>½ Cucumber (washed and chopped)</p> <p>2 Tablsp Fresh Coriander (chopped)</p> <p>1 Dessertsp Fat Free Dressing</p> <p>6 Wholemeal Rolls</p> <p>4 Potatoes (cut into wedges and baked)</p>	<p>Pre-heat grill</p> <ol style="list-style-type: none"> 1. Combine mince, onion, Worcestershire sauce, breadcrumbs and egg. 2. Shape into 6 burgers and grill burgers for 8-10 minutes on each side. 3. Prepare salad with lettuce, tomatoes, cucumber and coriander, sprinkle dressing as desired. 4. Serve burgers in buns accompanied with potato wedges and salad.

- Minced chicken, turkey, pork or quorn all make good burgers
- Experiment with different herbs and spices for flavour



Beef Chilli and Rice

Ingredients (serves 4)	Method
<p>500g Lean Minced Beef</p> <p>1 Onion (peeled and chopped)</p> <p>1 Pepper (de-seeded and chopped)</p> <p>1 Teasp Chilli Powder</p> <p>1 x 400g Tin of Chopped Tomatoes or Passata</p> <p>2 Cloves of Garlic (peeled and chopped)</p> <p>1 Teasp Mixed Herbs</p> <p>1 x 400g Tin of Baked Beans Reduced Salt and Sugar</p> <p>Black Pepper</p> <p>200g Long Grain Rice (Boiled)</p>	<ol style="list-style-type: none"> 1. Brown the mince in a large saucepan. 2. Add the onion, pepper, chilli, tomatoes, garlic and mixed herbs. 3. Bring to the boil and simmer for 15-20 minutes, adding water for a sauce like consistency. 4. Add the beans, heat through and season to taste with black pepper, serve with rice.

- Additional vegetables e.g. courgettes, mushrooms, celery etc may be added; kidney beans could replace the baked beans



Beef Stroganoff

Ingredients (serves 6)	Method
<p>1 Tablsp Sunflower Margarine</p> <p>2 Onions (peeled and sliced)</p> <p>2 Cloves of Garlic (peeled and chopped)</p> <p>500g Lean Frying Steak (cut into thin strips)</p> <p>2 Tablespoons of Boiling Water with 1 Beef Stock Cube</p> <p>125g Mushrooms (washed and sliced)</p> <p>1 Teasp French Mustard</p> <p>150g Low Fat Crème Fraiche</p> <p>Pinch of Black Pepper</p> <p>2 Tablsp Parsley (chopped)</p> <p>300g Long Grain Rice (boiled)</p> <p>1x215g Packet of Sugar-snap Peas (cooked)</p> <p>3 Carrots (peeled, sliced and cooked)</p>	<ol style="list-style-type: none"> 1. Melt the margarine in a large frying pan, add the onions and garlic and fry until lightly browned. 2. Add the steak and brown on all sides. 3. Add the stock and cook for 5 minutes, until the liquid has reduced. 4. Add the mushrooms, mustard, crème fraiche and season with black pepper to taste and simmer for 5 minutes. 5. Add the parsley before serving with rice and sugar-snap peas and carrots.



Easy Shepherd's Pie

Ingredients (serves 4)	Method
<p>500g Lean Minced Beef/Lamb</p> <p>1 Onion (peeled and chopped)</p> <p>4 Carrots (peeled and chopped)</p> <p>1 Small Turnip (peeled and chopped)</p> <p>150ml Water (boiling)</p> <p>260g Frozen Garden Peas</p> <p>2 Tablsp Gravy Granules</p> <p>Pinch of Black Pepper</p> <p>8 Medium Potatoes (peeled, diced, boiled and mashed)</p>	<p>Pre-heat grill</p> <ol style="list-style-type: none"> 1. Brown the mince, add the onion, carrot, turnip and enough water to cover the mince, cook for around 30 minutes, add the peas. 2. Thicken the mince with the gravy granules and season with black pepper to taste. 3. Place mince in a heatproof dish. Spoon over potato and texture topping with a fork. 4. Grill until lightly browned.

- Serve with a selection of seasonal vegetables



Italian Meatballs and Spaghetti

Ingredients (serves 4)	Method
<p>500g Lean Minced Beef</p> <p>1 Onion (peeled and chopped)</p> <p>2 Teasp Dried Oregano</p> <p>2 Cloves of Garlic (peeled and chopped)</p> <p>2 Slices of Wholemeal Bread (made into breadcrumbs)</p> <p>Pinch of Black Pepper</p> <p>1 Red Pepper (de-seeded and chopped)</p> <p>1 x 400g Tin of Chopped Tomatoes or Passata</p> <p>1 Tablsp Tomato Puree</p> <p>175ml Boiling Water with 1 Beef Stock Cube</p> <p>200g Dried Spaghetti (cooked)</p>	<p>Pre-heat oven to 190C / 375F / Gas Mark 5</p> <ol style="list-style-type: none"> 1. Mix the mince with half the onion, oregano and garlic, the breadcrumbs and black pepper. 2. Shape the mixture into 20 meatballs. 3. Place meatballs in an ovenproof dish and into the oven for 10 minutes. 4. Combine the remaining ingredients except spaghetti in a saucepan and cook for 3-4 minutes. 5. Pour sauce over the meatballs and return to the oven covered for 20-25 minutes. 6. Serve with spaghetti.

- Additional vegetables could be added at stage 4 e.g. carrots, courgettes, mushrooms, celery etc.



Lasagne

Ingredients (serves 6)	Method
<p>250g Lean Minced Beef 1 Onion (peeled and chopped) 1 Carrot (peeled and chopped) 1 Stick of Celery (finely chopped) 1 Clove Garlic (peeled and crushed) ½ Teasp Mixed Herbs 1 x 400g Tin Chopped Tomatoes or Passata ½ Tablsp Tomato Puree Pinch of Black Pepper</p> <p>White Sauce 375ml of Semi Skimmed Milk 30g Plain Flour 30g Sunflower Margarine 50g Mature Cheddar (grated) Pinch of Black Pepper</p> <p>9 Sheets Lasagne (272g)</p> <p>½ Lettuce (washed and shredded) 16 Cherry Tomatoes (washed and quartered) ½ Cucumber (washed and sliced)</p>	<p>Pre-heat oven to 190C / 375F / Gas Mark 5</p> <ol style="list-style-type: none"> 1. Brown mince; add onion, carrot, celery, garlic, herbs, tomatoes, tomato puree and pepper. Simmer for 20-25 minutes. 2. Make white sauce by heating the milk, flour and margarine, whisking till smooth, then add half the cheese and season with black pepper. 3. Coat the bottom of a large baking tin with cheese sauce. Layer lasagne sheets, half the meat sauce, followed by lasagne, add remaining meat sauce and lasagne, top with the cheese sauce, sprinkle over the cheese. 4. Cook in the oven for 30-40 minute. 5. Serve with prepared salad.

- Experiment with different minced meats e.g. turkey, lamb or chicken
- Alternative serving suggestion; baked potato and salad



Minced Beef Tortilla Wraps

Ingredients (serves 4)	Method
<p>250g Lean Minced Beef</p> <p>1 Onion (peeled and chopped)</p> <p>1 Clove of Garlic (peeled and chopped)</p> <p>1 Red Pepper (de-seeded and chopped)</p> <p>½ Teasp Chilli Powder</p> <p>½ Teasp Mixed Herbs or Oregano (optional)</p> <p>1 x 400g Tin of Chopped Tomatoes or Passata</p> <p>200ml Water</p> <p>4 Medium Tortillas (64g per wrap)</p> <p>50g Mature Cheddar (grated)</p> <p>½ Lettuce (washed and shredded)</p> <p>16 Cherry Tomatoes (washed and halved)</p> <p>½ Cucumber</p>	<p>Pre-heat grill</p> <ol style="list-style-type: none"> 1. Brown mince; add onion, garlic and pepper. 2. Stir in chilli, herbs, tomatoes and water and simmer for 15 minutes. 3. Divide mixture equally between tortillas and roll up. 4. Place tortillas in an ovenproof dish, top with cheese and grill until golden. 5. Serve with prepared salad.

- Other mince or stripped meats can be used e.g. chicken, lamb, pork or quorn



Spaghetti Bolognaise

Ingredients (serves 4)	Method
<p>500g Lean Minced Beef</p> <p>1 Onion (peeled and chopped)</p> <p>1 Clove of Garlic (peeled and chopped)</p> <p>1 x 400g Tin of Chopped Tomatoes or Passata</p> <p>2 Tablsp Tomato Puree</p> <p>½ Teasp Dried Herbs</p> <p>1 Pepper (deseeded and chopped)</p> <p>2 Celery Sticks (washed and chopped)</p> <p>Pinch of Black Pepper</p> <p>200g Dried Spaghetti (cooked)</p>	<p>1. Brown mince over a gentle heat, add all other ingredients except the spaghetti and simmer for 20 minutes, adding water if necessary.</p> <p>2. Season with black pepper to taste and serve with cooked spaghetti.</p>

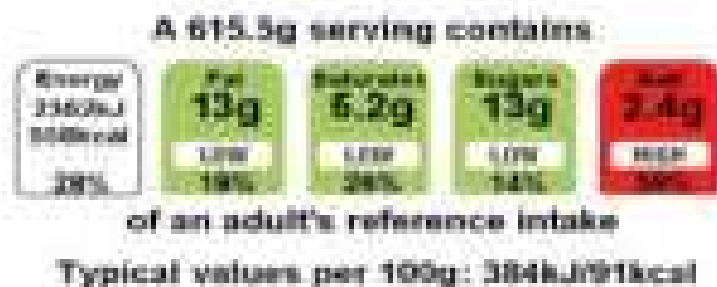
- Additional vegetables may be added at Stage 1 e.g. courgettes, carrots, mushrooms etc.



Corned Beef Hash

Ingredients (serves 4)	Method
<p>1 Teasp Sunflower Oil</p> <p>1 Onion (peeled and chopped)</p> <p>1 x 200g Tin Corned Beef (cubed)</p> <p>8 Potatoes (peeled, boiled and mashed)</p> <p>Pinch of Black Pepper</p> <p>4 Tomatoes (washed and quartered)</p> <p>140g Pickled Beetroot</p> <p>8 Triangle Oatcakes</p>	<p>1. Heat oil in a large saucepan and fry onion.</p> <p>2. Add the corned beef and potatoes.</p> <p>3. Season with black pepper to taste.</p> <p>4. Serve with tomatoes, beetroot and oatcakes.</p>

- This dish is high in salt due to the corned beef and oatcakes; eat occasionally.



Lamb Hotpot

Ingredients (serves 4)	Method
300g Lean Stewing Lamb (cubed) 3 Carrots (peeled and chopped) 1 Small Turnip (peeled and chopped) 1 Leek (trimmed and chopped) 2 Onions (peeled and chopped) 3 Potatoes (peeled and chopped) 2 Sticks of Celery (chopped) 500ml Boiling Water with 1 Lamb or Vegetable Stock 1½ Tablsp Pearl Barley 1 Teasp Thyme Pinch of Black Pepper 1 Large Head of Broccoli (cut into florets and cooked)	1. Brown the lamb, then add the remaining ingredients, except the broccoli. Bring to the boil. 2. Cover and cook for 1½ hours, stirring occasionally to prevent sticking. 3. Check seasoning and that the meat is tender, if not continue to cook for a further 20 minutes. 4. Serve with broccoli or other seasonal vegetables.

- Try experimenting with alternative meats



Mediterranean Sausages

Ingredients (serves 4)	Method
<p>1 Onion (peeled and chopped)</p> <p>2 Cloves of Garlic (peeled and chopped)</p> <p>100g Mushrooms (washed and sliced)</p> <p>2 Peppers (de-seeded and sliced)</p> <p>1 Courgette (washed and sliced)</p> <p>1 x 294g Tin of Tomato Soup</p> <p>8 Lean/Low fat Sausages (454g) (cooked and sliced)</p> <p>1 x 400g Tin Chopped Tomatoes or Passata</p> <p>1 Teasp Mixed Herbs</p> <p>200g Pasta (cooked)</p>	<p>1. Place all ingredients (except pasta) in a large saucepan simmer for 10 minutes.</p> <p>2. Serve with pasta.</p>

- This dish is high in salt due to the tinned soup and sausages, to lower the salt content exchange the soup for a tin of tomatoes. Eat occasionally.



Pork Chops with Apples and Celery

Ingredients (serves 6)	Method
<p>1 Tbsp Sunflower Oil</p> <p>1 x 110g Pork Loin Chops (fat trimmed off and meat shredded)</p> <p>1 Onion (peeled and chopped)</p> <p>300ml Boiling Water with 1 Vegetable or Chicken Stock Cube</p> <p>2 Celery sticks (washed and chopped)</p> <p>2 Apples (peeled and chopped)</p> <p>2 Tablespoons Low Fat Crème Fraiche</p> <p>1 Teaspoon Chopped Parsley (optional)</p> <p>4 Carrots (peeled, sliced and boiled)</p> <p>24 Potatoes (egg sized, scrubbed and boiled)</p>	<ol style="list-style-type: none"> 1. Heat oil, brown pork. 2. Add onions, cover and cook for a further 4 minutes. 3. Add stock, celery and apples; cook for a further 5 minutes until chops are tender. 4. Add Crème Fraiche, garnish with parsley. 5. Serve with carrots and potatoes.

- Boiled rice and a range of seasonal vegetables may be served as an alternative accompaniment



Quiche Lorraine

Ingredients (serves 6)	Method
<p>75g Sunflower Margarine</p> <p>170g Plain Flour</p> <p>2 Tablsp Water</p> <p>4 Rashers of Lean Bacon or Pancetta (chopped)</p> <p>1 Onion (peeled and chopped)</p> <p>1 Red Pepper (washed, de-seeded and chopped)</p> <p>4 Eggs (beaten)</p> <p>300ml Semi Skimmed Milk</p> <p>1 Head of Broccoli (cut into florets and steamed)</p> <p>16 Potatoes (egg sized, scrubbed and boiled)</p>	<p>Pre-heat oven to 200C / 400F / Gas Mark 6</p> <ol style="list-style-type: none"> 1. To make the pastry rub the margarine into the flour, till mixture resembles breadcrumbs, add the water to form a soft dough. 2. Roll out the pastry, and line a quiche tin. Place the quiche tin on a baking sheet, prick with a fork. If time allows place in the fridge for 30 minutes to allow the pastry to rest. 3. Bake in the oven for 10 minutes. 4. Place bacon, onion and pepper on to the pastry base. 5. Beat together eggs and milk, pour over the bacon mixture. 6. Reduce oven temperature and bake at 180C / 350F / Gas Mark 4 for 20 – 30 minutes. 7. Serve hot or cold with boiled potatoes and broccoli or salad.

- Boiled rice and a range of seasonal vegetables may be served as an alternative accompaniment



Spicy Pork

Ingredients (serves 6)	Method
<p>500g Minced Pork</p> <p>1 Onion (peeled and chopped)</p> <p>2 Cloves of Garlic (peeled and chopped)</p> <p>1 Red Pepper (washed, deseeded and chopped)</p> <p>1 Teasp Turmeric</p> <p>50g Dried Apricots</p> <p>50g Sultanas</p> <p>2 Tablsp Mango Chutney or Fruit Chutney</p> <p>1 x 400g Tin of Chopped Tomatoes or Passata</p> <p>200ml Water</p> <p>50g Cashew Nuts (optional or peanuts can be used)</p> <p>Pinch of Black Pepper</p> <p>2 Tablsp Fresh Coriander (chopped)</p> <p>300g Long Grain Rice (boiled)</p> <p>240g Green Beans (steamed)</p>	<ol style="list-style-type: none"> 1. Place mince, onion and garlic in a large saucepan and cook till meat is browned. 2. Add all other ingredients except coriander, rice and beans, cook for about 20 minutes. 3. Add coriander and season with black pepper to taste. 4. Serve with boiled rice and green beans.



9. Desserts

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Apple Sponge Pudding

Ingredients (serves 6)	Method
50g Castor Sugar 1 Egg 35g Sunflower Margarine 90ml Semi Skimmed Milk 70g Plain Flour ½ Teasp Baking Powder 3 Cooking Apples (peeled, cored and sliced) ½ Tablsp Lemon Juice 1 x 200g Pot of Half Fat Crème Fraiche	Pre-heat oven to 200C / 400F / Gas Mark 6 <ol style="list-style-type: none"> 1. Keep aside 1 tabls of sugar. 2. Put remaining sugar in a bowl with the egg and whisk until thick and creamy. 3. Heat the margarine and milk in a saucepan and bring to the boil. 4. Pour into the egg and sugar mixture, whisking continuously. 5. Sift together the flour and baking powder and fold into egg mixture. 6. Pour the mixture into a greased baking tin. 7. Arrange prepared apples on top of sponge mixture, leaving no gaps, sprinkle with lemon juice and then the reserved sugar. 8. Bake for about 40 minutes or until well-risen and golden brown. 9. Serve with crème fraiche.

- Suitable accompaniments may include low fat custard or yoghurt



Baked Lemon Pudding

Ingredients (serves 8)	Method
100g Sunflower Margarine 200g Caster Sugar 4 Eggs (separated) 4 Lemons (zest and juice) 100g Self Raising Flour 250ml Semi Skimmed Milk 1 x 200g Tub of Half Fat Crème Fraiche	Pre-heat oven 180C / 375F / Gas Mark 4 <ol style="list-style-type: none"> 1. Whisk margarine and sugar together till pale and creamy. 2. Beat in egg yolks and lemon zest. 3. Fold in flour, lemon juice and milk. 4. In a separate clean bowl whisk egg whites till stiff. 5. Using a metal spoon fold egg whites into flour mixture. 6. Pour into a pudding dish or individual ramekins and bake for 20-25 minutes till golden brown and risen. 7. Serve with crème fraiche.

- Experiment with a variety of fresh, tinned in juice or frozen fruits



Baked Stuffed Apples

Ingredients (serves 4)	Method
<p>4 Medium Cooking Apples</p> <p>100g Dried Fruit (sultanas, raisins or chopped apricots)</p> <p>4 Tablsp Apple or Orange Juice or Water</p>	<p>Pre-heat oven to 200C / 400F / Gas Mark 6</p> <ol style="list-style-type: none"> 1. Core the apples and make a shallow cut through the skin around the middle of each one. 2. Stand them in a shallow ovenproof dish, fill the centres with dried fruit and pour a little juice into each apple. 3. Cover loosely with foil and bake in the oven for about 45 minutes or until the apples are soft.

- Accompaniments may include yoghurt, fromage frais, crème fraiche or low fat custard
- This dish is high in sugar due to the dried fruit content, so eat occasionally



Banana Coconut Pudding

Ingredients (serves 6)	Method
<p>4 Ripe Bananas</p> <p>1 Tablsp Sultanas</p> <p>1 Tablsp Lemon Juice</p> <p>2 Eggs</p> <p>50g Desiccated Coconut</p> <p>2 Tablsp Apricot Jam</p> <p>1 x 150g Natural Yogurt</p>	<p>Preheat oven to 180C, 350F, gas mark 4</p> <ol style="list-style-type: none"> 1. Slice the bananas into an ovenproof dish, sprinkle with the sultanas and lemon juice. 2. Whisk the eggs until fluffy. 3. Stir in the coconut and jam. Pour the mixture evenly over the bananas. 4. Bake in the oven for 25 minutes or until golden. 5. Serve with yogurt.



Blackberry and Apple Charlotte

Ingredients (serves 4)	Method
<p>2 Cooking Apples (peeled, cored and sliced)</p> <p>225g Fresh or Frozen Blackberries</p> <p>1 Teasp Sugar</p> <p>6 Slices of Wholemeal Bread (made into breadcrumbs)</p> <p>1 Tabbsp Sunflower Margarine</p> <p>1 x 200g Half Fat Crème Fraiche</p>	<p>Pre-heat oven to 190C / 375F / Gas Mark 6</p> <ol style="list-style-type: none"> 1. Stew apples, blackberries and sugar together in a small amount of water. 2. Place a layer of fruit in the base of a 600ml (1pt) deep pie dish and sprinkle with breadcrumbs. 3. Dot with small pieces of margarine. 4. Bake for about 30 minutes until the top is crisp and golden. 5. Serve with Crème Fraiche.

- Experiment with a variety of fresh, tinned in juice or frozen fruits



Blackberry and Apple Layer

Ingredients (serves 4)	Method
<p>1 x 385g Tin of Apples in Fruit Juice (or fresh, stewed)</p> <p>200g Low Fat Fromage Frais</p> <p>1 x 290g Tin of Blackberries in Fruit Juice (drained) (or fresh or frozen)</p> <p>6 Level Tablsp Muesli (toasted)</p>	<ol style="list-style-type: none"> 1. In a dish or individual glasses, alternatively layer apple, fromage frais and blackberries. 2. Top with Muesli. 3. Chill for 1 –2 hours before serving.

- Experiment with a variety of tinned / frozen fruits or berries
- Fromage Frais may be replaced with a yoghurt or crème fraiche
- This is a great dessert for preparing ahead of time



Blueberry Meringue Slice

Ingredients (serves 8)	Method
175g Sunflower Margarine 200g Caster Sugar 3 Eggs (beaten) 175g Self Raising Flour 1 Lemon (zest and juice) 200g Blueberries 2 Egg Whites	Pre- heat oven 180C / 350F / Gas Mark 4 <ol style="list-style-type: none"> 1. Grease a baking tray with a little of the margarine. 2. Cream margarine and 175g of the sugar till pale & creamy. 3. Stir in eggs and flour, lemon juice and zest. 4. Spread over tray, scatter with blueberries. 5. Bake in oven for 20-25 minutes 6. Whisk egg whites till peaks are formed, fold in remaining sugar. 7. Spread over blueberry sponge mix. 8. Bake for a further 10-15 minutes till meringue turns golden. 9. Serve hot or cold.

- Experiment with a variety of fresh, tinned in juice or frozen fruits



Bread and Butter Pudding

Ingredients (serves 6)	Method
<p>6 Slices of Wholemeal Bread</p> <p>1 Tablsp Sunflower Margarine</p> <p>100g Mixed Dried Fruit</p> <p>1 Teasp Mixed Spice or Cinnamon</p> <p>3 Eggs</p> <p>500ml Semi Skimmed Milk</p> <p>1 x 200g Greek Yogurt</p>	<p>Pre-heat oven to 190C / 375F / Gas Mark 5</p> <ol style="list-style-type: none"> 1. Spread the bread with margarine and then cut into triangles or halves. 2. Place a layer of bread, margarine side down, in an ovenproof dish. Sprinkle with half the dried fruit. Add a pinch of mixed spice. 3. Add another layer of bread, margarine side up, sprinkle with the rest of the fruit and another pinch of mixed spice. Add another layer of bread, margarine side up. 4. Whisk the eggs into the milk and pour over the bread. Leave for 30 minutes. 5. Sprinkle with spice then bake for 35 –40 minutes until set. 6. Serve hot with yogurt.

- Suitable accompaniments may include low fat custard or yoghurt



Fruit Compote

Ingredients (serves 4)	Method
1 x 500g Frozen Mixed Fruit or Berries 1 Tablsp Runny Honey 1 Cinnamon Stick 1 x 150g Natural Yogurt	1. Defrost fruit in a bowl, pour over honey and add cinnamon stick. 2. Allow flavours to infuse for a couple of hours or overnight. 3. Serve with yogurt.

- This dish works well as a dessert or even a light breakfast



Fruit Crumble

Ingredients (serves 6)	Method
<p>2 x 400g Tinned Fruit in Juice (drained) (or fresh fruit peeled and sliced)</p> <p>Topping</p> <p>25g Sunflower Margarine</p> <p>4 Tablsp Wholemeal Flour</p> <p>1 Tablsp Demerara Sugar</p> <p>4 Tablsp Rolled Oats</p> <p>1 x 200g Greek yogurt</p>	<p>Pre-heat oven to 190C / 375F / Gas Mark 6</p> <ol style="list-style-type: none"> 1. Place fruit in a large ovenproof dish. 2. Rub together margarine and flour until mixture resembles breadcrumbs, add sugar and rolled oats. 3. Spoon mixture over fruit. 4. Bake for 20 –25 minutes until golden. 5. Serve hot or cold with Greek yogurt.

- Experiment with different fruits
- Apples are enhanced with the addition of cinnamon or mixed spice at Stage 1



Fruit Kebabs

Ingredients (serves 6)	Method
<p>½ Melon (skinned and de-seeded, cut into chunks)</p> <p>1 Orange (peeled and cut into quarters, then halved again)</p> <p>½ Fresh Pineapple (skinned and cut into chunks)</p> <p>2 Kiwi Fruit (peeled and quartered)</p> <p>6 Strawberries (washed and halved)</p> <p>1 Banana (peeled and cut into chunks)</p> <p>6 Wooden Skewers</p>	<ol style="list-style-type: none"> 1. Thread chunks of fruit onto skewers. 2. Arrange the skewers on a plate and serve.

- Experiment with a variety of seasonal fruits and take advantage of special offers
- Kebabs may be served with yoghurt to dip fruit into
- Fresh fruit is high in natural sugars, but an important part of a healthy balanced diet



Fruit Salad

Ingredients (serves 4)	Method
<p>1 Pear (washed, cored and chopped)</p> <p>1 Apple (washed, cored and chopped)</p> <p>½ Small Tin of Pineapple in Juice</p> <p>50g Seedless Grapes (washed and halved)</p> <p>1 Orange (peeled and cut into chunks)</p> <p>1 Banana (peeled and sliced)</p>	<p>1. Put prepared fruit in a bowl, except banana and mix well.</p> <p>2. Add bananas just before serving to prevent discolouration.</p>

- Experiment with a variety of fruits; melon is useful to extend portion sizes
- Yoghurt is a good accompaniment to fruit salad



Fruit Trifle

Ingredients (serves 6)	Method
<p>4 Trifle Sponges</p> <p>350g Frozen Raspberries (defrosted)</p> <p>35g Custard Powder</p> <p>35g Sugar</p> <p>500ml Semi Skimmed Milk</p> <p>To decorate</p> <p>300ml Half Fat Crème Fraiche</p>	<ol style="list-style-type: none"> 1. Place the sponge in bottom of individual or a suitable serving dish. 2. Place fruit with juice on top. 3. Blend custard powder and sugar with a little milk to form a paste. Heat remaining milk in a saucepan, when almost boiling gently stir in custard paste and cook till custard thickens. 4. Allow custard to cool, and then pour over fruit and sponge mixture. 5. Top with crème fraiche. 6. Refrigerate till ready to serve.

- Experiment with a range of tinned or frozen fruit
- For a special occasion 2 Tablsps sherry may be added at Stage 2
- This dish is high in fat due to the custard and crème fraiche, enjoy on special occasions



Mandarin Ginger Crunch

Ingredients (serves 6)	Method
<p>½ Packet of Ginger Snap Biscuits (crushed)</p> <p>1 x 500g Tub of Greek Natural Yogurt</p> <p>2 x 298g Tins of Mandarin Segments in Juice (drained)</p>	<ol style="list-style-type: none"> 1. Sprinkle half the crushed biscuits on the bottom of serving dish. 2. Top with a layer of half the yoghurt followed by half the fruit. 3. Repeat layers finishing with mandarins. 4. Refrigerate until ready to serve.

- Fresh chopped kiwi fruit or raspberries can replace the canned mandarins
- This dish is high in fat due to the biscuits and yogurt content, enjoy occasionally



Poached Pears

Ingredients (serves 4)	Method
<p>1 Tablsp Clear Honey</p> <p>1 Tablsp Jam</p> <p>2 Spiced Fruit Tea Bags e.g. Apple and Cinnamon</p> <p>300ml Water (enough to cover the pears)</p> <p>4 Firm Pears (peeled, halved and cored)</p> <p>1 x 200g Half Fat Crème Fraiche</p>	<ol style="list-style-type: none"> 1. Place all ingredients in a pan (except the crème fraiche) and poach gently for 10 minutes till pears are tender. 2. Lift out pears and remove tea bags. 3. Gently heat syrup till it reduces and thickens. 4. Serve pears with warm syrup and crème fraiche.

- Experiment with a variety of fresh, tinned in juice or frozen fruits



Rhubarb Toad in the Hole

Ingredients (serves 6)	Method
<p>Sunflower Margarine for Greasing</p> <p>1 x 539g Tin of Rhubarb (drained) or Fresh (stewed)</p> <p>75g Plain Flour</p> <p>½ Tsp Ground Ginger</p> <p>2 Tablsp Sugar</p> <p>2 Eggs</p> <p>280ml Skimmed Milk</p> <p>1 Teasp Icing Sugar</p> <p>1 x 150g Pot of Natural Yogurt</p>	<p>Pre-heat oven to 220C / 425F / Gas Mark 7</p> <ol style="list-style-type: none"> 1. Lightly grease a shallow heatproof dish or tin with margarine and arrange rhubarb over the base. 2. Sieve the flour and ginger into a mixing bowl. Add the sugar, eggs and half the milk, beat until smooth. 3. Beat in remaining milk until bubbles appear on the surface. Carefully pour the batter over the fruit. 4. Bake in oven for 25 – 30 minutes, or until well-risen and golden brown. 5. Serve immediately sprinkled with icing sugar and accompanied with natural yogurt.

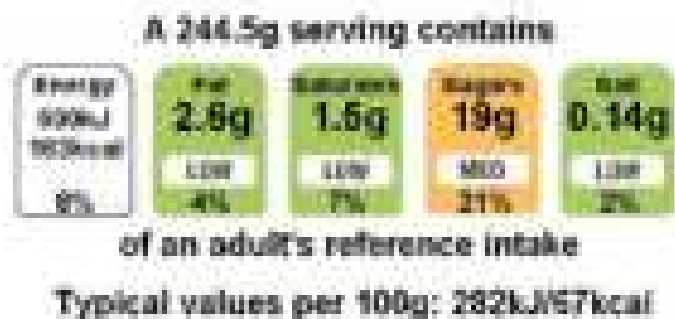
- Experiment with different canned, frozen or fresh fruits



Rice Pudding

Ingredients (serves 4)	Method
<p>50g Short Grain Rice</p> <p>500ml Semi Skimmed Milk</p> <p>18g Granulated Sugar</p> <p>1 x 410g Tinned Pears in Juice</p>	<ol style="list-style-type: none"> 1. Place all ingredients into a pan (except the pears) and bring to the boil. 2. Reduce heat and simmer, covered for 45 minutes until creamy. 3. Serve with pears.

- Suitable accompaniments may include low fat custard or yoghurt



Sticky Toffee Pudding

Ingredients (serves 8)	Method
<p>Sponge</p> <p>50g Sunflower Margarine (melted)</p> <p>100g Brown Sugar</p> <p>175g Self Raising Flour</p> <p>125ml Semi Skimmed Milk</p> <p>1 Egg (beaten)</p> <p>1 Teasp Vanilla Essence</p> <p>200g Dates (chopped)</p> <p>Sauce</p> <p>100g Brown Sugar</p> <p>1 Tabbsp Sunflower Margarine</p> <p>500ml Boiling Water</p> <p>1 x 300ml Half Fat Crème Fraiche</p>	<p>Pre-heat oven to 190C / 375F / Gas Mark 5</p> <ol style="list-style-type: none"> 1. Grease a large pudding dish with a little of the margarine – about 2litre capacity. 2. Mix the sponge ingredients together. 3. Pour into the prepared pudding dish. 4. For the sauce sprinkle the brown sugar over the pudding mixture. 5. Place small pieces of margarine over the sugar and pour over boiling water. 6. Bake in the oven for approx 45 minutes until cooked. 7. Serve with crème fraiche.

- This is a high sugar dish due to the high quantity of sugar and the dates



Strawberry Fool

Ingredients (serves 4)	Method
<p>1 Sugar Free Strawberry Jelly</p> <p>150ml Boiling Water</p> <p>1 x 400g Punnet of Strawberries (washed and husks removed)</p> <p>1 x 500g Pot of Low Fat Fromage Frais</p>	<ol style="list-style-type: none"> 1. Dissolve jelly in 75ml boiling water and allow cooling, and then adding further 75ml cold water. 2. Roughly mash the strawberries and add to the jelly, refrigerate for about 2 hours, until just starting to set. 3. Stir the jelly mixture well, fold in fromage frais. 4. Transfer mixture to serving bowl and return to the fridge until set, about 2 hours.



Summer Fruit Tartlets

Ingredients (serves 8)	Method
1 Packet of Filo Pastry 50g Sunflower Margarine (melted) 500g Mixed Seasonal Fruit 2 Tablsp Crème Fraiche 2 Tablsp Natural Yogurt 1 Teasp Vanilla Essence 1 Tablsp Fresh Mint	Pre-heat oven to 180C / 350F / Gas Mark 4 <ol style="list-style-type: none"> Using a pastry brush grease 8 individual muffin cases with a little of the margarine. Cut filo pastry into small squares that overhang the muffin case, lightly brush and repeat 3 times. Repeat process till all 8 cases are filled. Bake in oven for 5 minutes till crisp and golden brown. Allow to cool and remove from tray. Mix together crème fraiche, yogurt and vanilla essence. Divide fruit between filo tartlets and top with yoghurt mix. Serve with a sprig of fresh mint.

- Filo pastry dries out very quickly; wrap in a clean, damp tea towel when working with it
- Filo pastry is a healthier alternative to puff pastry



10. Homebaking

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Banana Bread

Ingredients (serves 8)	Method
<p>100g Sunflower Margarine</p> <p>75g Brown Sugar</p> <p>3 Bananas (ripe, peeled and mashed)</p> <p>200g Wholemeal Flour</p> <p>2 Teasp Baking Powder</p> <p>2 Eggs (whisked)</p>	<p>Pre-heat oven to 200C / 400F / Gas Mark 6</p> <ol style="list-style-type: none"> 1. Cream the margarine and the sugar. Add the bananas and mix well. 2. Gradually fold in flour, baking powder and egg. 3. Line a 2lb-loaf tin with greaseproof paper and pour in the mixture. 4. Smooth off the top and bake for 35-40 minutes. Test to see if the loaf is ready by inserting a skewer into the middle. If it comes out clean the loaf is ready. If it comes out sticky, more baking time is required. 5. Cool on a wire rack.

- If the loaf is burning on the top; cover with kitchen foil and continue baking
- This is a great way of using up over-ripe bananas



Carrot Cake

Ingredients (serves 24)	Method
200g Sunflower Margarine 225g Castor Sugar 3 Eggs (beaten) 200g Wholemeal Flour 1 Teasp Baking Powder 1 Teasp Bicarbonate of Soda 1 Teasp Ground Cinnamon 3 Carrots (peeled and grated) Topping 100g Low Fat Cream Cheese	Pre-heat oven to 220C / 375F / Gas Mark 5 <ol style="list-style-type: none"> 1. Mix the margarine and sugar together. 2. Gradually add the eggs, flour, baking powder, bicarbonate of soda and cinnamon. 3. Stir in the grated carrots. 4. Lightly grease and line a roasting tin with greaseproof paper, and pour the mixture into it. 5. Bake in oven for 35 – 40 minutes. 6. Test to see if the cake is ready by inserting a skewer into the middle. If it comes out clean the cake is ready. If it comes out sticky, more baking time is required. 7. Allow to cool on a wire rack. 8. Spread cream cheese over the cooled cake and cut into squares.

- Icing can be topped with additional grated carrot, passion fruit or grated lemon zest
- This cake is high in fat due to the cream cheese – to reduce the fat, try eating the cake without the topping, the sugar content is also high so enjoy in moderation



Cheese Straws

Ingredients (serves 20)	Method
<p>80g Wholemeal Flour / Plain Flour (mixed)</p> <p>1 Pinch of Mustard Powder</p> <p>40g Sunflower Margarine</p> <p>40g Mature Cheddar Cheese (grated)</p> <p>1 Egg (beaten)</p>	<p>Pre-heat Oven to 350F / 180C / Gas Mark 4</p> <ol style="list-style-type: none"> 1. Sift flour and mustard together, adding any bran remaining in the sieve. 2. Rub the margarine into the flour mix. Until mixture resembles fine breadcrumbs, stir in cheese. 3. Add half the beaten egg to form a soft dough. 4. Turn dough on to a floured surface and knead until smooth. 5. Roll out to a rectangle 7½ x 30½ cm, cut into 1-cm strips. 6. Carefully twist each strip and place on a greased baking sheet. 7. Brush with remaining egg. 8. Bake for 12-15 minutes until golden. 9. Cool on a wire rack.

- Variations; Sesame Cheese Straws – sprinkle the cheese straws with sesame seeds just before baking
- For a lower fat option reduce the cheese content and replace with fresh or dried herbs which may be added at Stage 2



Crepes

Ingredients (serves 4)	Method
125g Plain / Wholemeal Flour (mixture) Pinch of Salt 1 Egg 250ml Semi Skimmed Milk 1 Teasp Sunflower Oil Topping/Filling 1 Tablsp Castor Sugar 1 Tablsp Lemon Juice	<ol style="list-style-type: none"> 1. Place flour and salt in mixing bowl, add egg and half the milk. Beat mixture until smooth. 2. Beat in remaining milk. Batter can be used or allowed to stand for up to 2 hours. 3. Heat ½ teasp oil in a frying pan. 4. Pour enough batter to thinly cover the bottom of the pan. 5. Cook until the top of the pancake is set and the underside is golden. Turn with a fish slice or pallet knife or toss the pancake to cook the under side. 6. Sprinkle with sugar and lemon juice. Roll up pancake and serve immediately.

- Alternative fillings – fresh fruits, savoury meat, vegetable sauces etc.



Crumbly Squares

Ingredients (serves 20)	Method
150g Self Raising Wholemeal Flour 200g Toasted Oat Cereal (Muesli – no added sugar) 150g Brown Sugar 150g Sunflower Margarine 100g Dried Apricots (chopped) 50g Sultanas	Pre-heat oven to 180C / 350F / Gas Mark 4 <ol style="list-style-type: none"> 1. Mix together flour, oat cereal and sugar then rub in margarine until crumbly. 2. Spread half the crumble mixture into a lined tin (18x28cm or 7x11in). 3. To the remaining oat mixture add the apricots and sultanas. 4. Spread the fruit mixture on top of the crumble mixture. 5. Press the mixture down firmly in the tray and bake for 35 – 45 minutes. Cool in tin then cut into squares.

- Store in an airtight container
- This tray bake is high in fat and sugar due to the cereal, dried fruit and sugar content



Fairy Cakes

Ingredients (serves 12)	Method
100g Sunflower Margarine 100g Castor Sugar 3 Eggs (beaten) 150g Self-Raising Flour (sifted) ½ Teasp Baking Powder (sifted) 1 Tablsp Hot Water 100g Icing Sugar 1 Tablsp Water	Pre-heat oven to 175C / 350F / Gas Mark 6 1. Cream margarine and sugar together till light and creamy. 2. Fold eggs, flour and baking powder into creamy mixture in a figure of eight motion, add hot water. 3. Spoon mixture into 12 paper lined bun tins. 4. Place in preheated oven and cook for 15-20 minutes. 5. Test to see if the cakes are ready by inserting a skewer into the middle. If it comes out clean the cakes are ready. If it comes out sticky, more baking time is required. 6. Cool on a wire rack. 7. Mix together icing sugar and water and decorate fairy cakes.

- To reduce the sugar content consider eating these cakes without the icing or enjoy occasionally



Farmhouse Fruit Cake

Ingredients (serves 12)	Method
<p>150g Sunflower Margarine</p> <p>150g Castor Sugar</p> <p>100g Plain Flour</p> <p>100g Wholemeal Flour</p> <p>3 Eggs (beaten)</p> <p>250g Mixed Dried Fruit (sultanas, raisins, apricots, dates etc)</p>	<p>Pre-heat oven to 170C / 325F / Gas Mark 3</p> <ol style="list-style-type: none"> 1. Grease a 7" cake tin using some of the margarine. 2. Mix all ingredients together. 3. Bake for 1½-1¾ hours 4. Check for readiness with a skewer or a sharp knife, if its clean the cake is ready if not, return to the oven for 5 minutes and check again. 5. Cool on a wire rack.

- Store in an airtight container
- This cake is high in sugar due to the dried fruit and sugar content, enjoy occasionally



Muesli Bars

Ingredients (serves 16)	Method
5 Tablsp Sunflower Oil 300g Sugar Free Muesli 5 Tablsp Honey 1 Teasp Mixed Spice or Cinnamon 1 Egg (beaten)	Pre-heat oven to 160C / 325F / Gas Mark 3 <ol style="list-style-type: none"> 1. Grease a shallow baking tray approx 14x22 cm with a little of the oil. 2. Mix all ingredients together and spoon into baking tray, patting firmly to ensure mixture is level. 3. Bake for 30-35 minutes until golden. 4. Cool slightly and cut into 12-16 pieces. 5. Cool on a wire rack and break into the marked pieces.

- Store in an airtight container
- Most cakes and biscuits are high in fat or sugar so enjoy in moderation



Muffins

Ingredients (serves 12)	Method
<p>250g Plain Flour</p> <p>1 Tablsp Baking Powder</p> <p>100g Caster Sugar</p> <p>75g Chilled Margarine (coarsely grated or spooned into small pieces)</p> <p>1 Egg (beaten)</p> <p>175ml Milk</p> <p>175g Raspberries, Blueberries or Blackberries</p>	<p>Pre-heat oven to 200C / 400F / Gas Mark 6</p> <ol style="list-style-type: none"> 1. Sift flour and baking powder into a large bowl 2. Stir in sugar and margarine. 3. Mix egg and milk and stir into dry ingredients until just blended – it should be quite lumpy. Add a small amount of extra milk if necessary. 4. Fold in fruit. 5. Spoon mix into 12 paper lined / non-stick muffin tins. 6. Bake for 20-25 minutes. 7. Test to see if the muffins are ready by inserting a skewer into the middle. If it comes out clean the muffins are ready. If it comes out sticky, more baking time is required. 8. Cool on a wire rack.

- Variations replace the 175g of berries with;
 - Banana and chocolate chip; fold in 1 large peeled mashed banana and 75g of plain chocolate chips
 - Carrot and nut; add 2 Teasp mixed spice to flour mix and replace fruit with 100g of grated carrot and 50g chopped pecans or walnuts



Oat Biscuits

Ingredients (serves 12)	Method
50g Plain Flour 50g Wholemeal Flour 100g Rolled Oats 50g Caster Sugar 65g Sunflower Margarine 1 Egg (beaten) 2-3 Tablsp Milk	Pre-heat oven to 180C / 350F / Gas Mark 4 1. Mix together flours, oats and sugar. 2. Rub in margarine. 3. Bind with egg and add enough milk to form a stiff dough. 4. Turn out on to a lightly floured surface and roll out thinly. 5. Cut into rounds using a cutter, place on greased baking sheets. 6. Bake for about 15 minutes until crisp and golden. 7. Cool on a wire rack.

- Store in an airtight container



Oatcakes

Ingredients (serves 10)	Method
15g Sunflower Margarine 150ml Water 255g Oatmeal Pinch of Salt Pinch of Bicarbonate of Soda	<p>Pre-heat oven to 180C / 350F / Gas Mark 4</p> <ol style="list-style-type: none"> 1. Boil margarine and water. 2. Add all other ingredients. 3. Roll out mixture to preferred thickness and cut into 10 rounds. 4. Place in oven and cook for 30-40 minutes, turning half way through cooking. 5. Cool on a wire rack.

- Store in an airtight container
- Enjoy with stovies, corned beef hash, smoked fish chowder or mackerel pate etc.



Oatmeal and Date Brownies

Ingredients (serves 20)	Method
50g Sunflower Margarine 125g Dark Chocolate 75g Porridge Oats 25g Wholemeal Flour ½ Teasp Baking Powder 50g Walnuts (chopped) 50g Dates (chopped) 50g Brown Sugar 1 Tablsp Semi Skimmed Milk 1 Teasp Vanilla Essence 2 Eggs (beaten)	Pre-heat oven to 180C / 350F / Gas Mark 4 <ol style="list-style-type: none"> 1. Grease a square baking tray approx 16cm using a little of the margarine. 2. Melt chocolate and margarine together in a bowl over hot water. 3. Combine all dry ingredients together in a bowl; beat in melted chocolate, milk, vanilla and eggs. 4. Pour the mixture into tray and bake for 20-25 minutes, until firm around the edges, but soft in the centre. 5. Cool the brownies in the tray, and then chill. 6. When they are more solid, turn the brownies out and cut into 20 squares.

- Store in an airtight container
- This is a very rich tray bake and high in fat and sugar so enjoy in moderation



Oatmeal and Raisin Muffins

Ingredients (serves 12)	Method
125g Rolled Oats 250ml Semi Skimmed Milk 175g Plain / Wholemeal Flour (mixture) 1 Teasp Cinnamon 1 Teasp Baking Powder ½ Teasp Bicarbonate of Soda ½ Teasp Salt 75g Raisins 4 Tablsp Sunflower Oil 100g Brown Sugar 1 Egg (beaten)	Pre-heat oven to 180C / 375F / Gas Mark 5 <ol style="list-style-type: none"> 1. Soak rolled oats in milk for 10 minutes. 2. Mix flour, cinnamon, baking powder, bicarbonate of soda, salt and raisins. 3. Stir oil, sugar and egg into milk mixture and blend well. 4. Stir dry ingredients into milk and oats mixture and mix well. 5. Spoon batter into 12 paper lined / non-stick muffin tins. 6. Bake for 20-25 minutes. 7. Test to see if the muffins are ready by inserting a skewer into the middle. If it comes out clean the muffins are ready. If it comes out sticky, more baking time is required. 8. Cool on a wire rack.

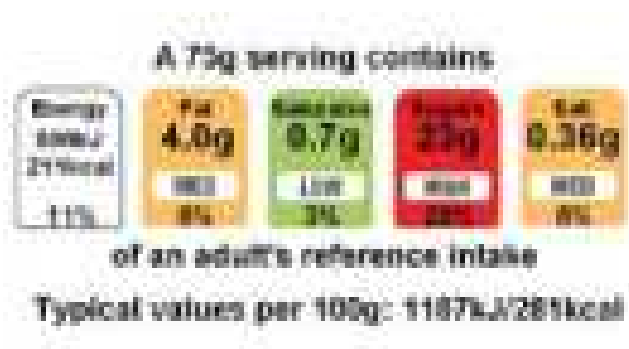
- Raisins may be replaced with chopped dried apricots, dates etc.
- This is a great breakfast or morning snack



Raisin and Pear Loaf

Ingredients (serves 12)	Method
50g Rolled Oats 75g Brown Sugar 4 Tablsp Pear or Apple Juice 2 Tablsp Sunflower Oil 1 Large Pear (peeled, cored and grated) 225g Self Raising Flour 225g Raisins 1 Teasp Baking Powder 1 Teasp Cinnamon 2 Eggs (beaten)	Pre-heat oven to 180C / 375F / Gas Mark 5 1. Place oats in a bowl with sugar, pear or apple juice, oil and mix well. Stand for 15 minutes. 2. Add pear to the oat mixture with flour, raisins, baking powder, cinnamon and eggs mix well. 3. Place mixture into a lined loaf tin and bake for 1¼ hours. 4. Test to see if the loaf is ready by inserting a skewer into the middle. If it comes out clean the loaf is ready. If it comes out sticky, more baking time is required. 5. Cool on a wire rack.

- Raisins may be replaced with chopped dried apricots, dates etc.



Rock Cakes

Ingredients (serves 12)	Method
<p>75g Sunflower Margarine</p> <p>200g Self Raising Flour</p> <p>75g Soft Brown Sugar</p> <p>100g Sultanas, Raisins or Mixed Fruit</p> <p>½ Teasp Mixed Spice, Cinnamon or Ginger</p> <p>1 Egg (beaten)</p>	<p>Pre-heat oven to 200C / 400F / Gas Mark 6</p> <ol style="list-style-type: none"> 1. Rub margarine into the flour until it resembles breadcrumbs. 2. Add remaining ingredients. 3. Mix with a fork until a sticky dough forms. 4. Using two forks divide mixture into 12 rough balls and place on a greased baking tray. 5. Bake for 12-15 minutes until golden. 6. Cool on a wire rack.

- Store in an airtight container



Scones

Ingredients (serves 12)	Method
<p>75g Sunflower Margarine</p> <p>400g Self-Raising Flour</p> <p>250ml Semi-Skimmed Milk</p> <p>Milk to glaze</p>	<p>Pre-heat oven to 230C / 450F / Gas Mark 8</p> <ol style="list-style-type: none"> 1. Rub the margarine into flour until it resembles fine breadcrumbs. 2. Make a well in the centre and stir in enough milk to give a soft dough. 3. Turn onto a floured board, handle lightly and form into a 2cm thick round with your hands. 4. Cut out the scones with a medium sized cutter. 5. Place on a baking sheet, brush with milk and bake near the top of the oven for about 10 minutes, until brown and well risen.

- Fruit Scones – Add 1 Tablsp of castor sugar and 100g currant, sultanas, chopped dates and raisins after Stage 1
- Wholemeal Scones – Replace flour with 300g self-raising wholemeal flour and 100g plain flour, add 1 Teasp of baking powder to the dry ingredients



Scotch Pancakes

Ingredients (serves 10)	Method
<p>300g Self Raising Flour</p> <p>1 Teasp Baking Powder</p> <p>60g Caster Sugar</p> <p>2 Eggs</p> <p>200ml Semi Skimmed Milk</p> <p>Sunflower Margarine (to grease girdle or frying pan)</p> <p>4 Tablsp Reduced Sugar Jam</p>	<ol style="list-style-type: none"> 1. Beat all ingredients together (except margarine and jam) until smooth. 2. Grease girdle or frying pan and heat. 3. Using a large spoon or small ladle, drop mixture (approx 3-4 at a time) on to hot girdle / frying pan. 4. Cook until the top of the pancakes have bubbled up. 5. Using a fish slice turn the pancakes and cook underside. 6. Check for readiness, cool on a wire rack or serve warm from the girdle with jam.



Soda Bread with Oatmeal

Ingredients (serves 6)	Method
<p>175g Wholemeal Flour</p> <p>50g Plain Flour</p> <p>75g Oatmeal</p> <p>1 Teasp Bicarbonate of Soda</p> <p>½ Teasp Sugar</p> <p>1 Egg</p> <p>275ml Cultured Buttermilk or Semi Skimmed Milk</p>	<p>Pre-heat oven to 190C / 375F / Gas Mark 5</p> <ol style="list-style-type: none"> 1. Place all dry ingredients in a large bowl. 2. Beat the egg and milk together, add to the dry ingredients. Mix with a knife, then by hand until the dough is smooth. 3. Form into a round shape and place on a greased baking tray, cut a cross on the centre of the loaf. 4. Bake for 40-50 minutes. 5. Cool on a wire rack.

- This loaf is best eaten fresh, and also makes excellent toast



Sponge Cake

Ingredients (serves 8)	Method
3 Large Eggs 100g Castor Sugar 75g Self Raising Flour 2 Tablsp Reduced Sugar Jam	Pre-heat oven to 220C / 425F / Gas Mark 7 <ol style="list-style-type: none"> 1. Put the eggs and sugar into a basin and whisk until thick. 2. Sieve the flour and fold into the egg and sugar mixture. 3. Divide the mixture between two greased and floured 18cm/7in-sandwich cake tins. 4. Bake near the top of the oven for 30 -35 minutes or until well-risen and golden brown. 5. Test by gently pressing in the centre of the cakes. If firm, they are cooked. 6. Remove from the oven; leave for a few minutes. 7. Cool on a wire rack. 8. Sandwich together with jam. 9. Cut into slices and serve.

- Chocolate Sponge – Omit 25g of flour and add 25g drinking chocolate or cocoa powder



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